

I Survived. Now What?

Treating the Musculoskeletal Consequences of Maturing with a Chronic Health Condition

Dr. Mary Massery, PT, DPT, DSC

Faculty

Dr. Mary Massery's publications and interest focus on linking motor behaviors to breathing and/or postural mechanics in both pediatric and adult patient populations. She has given professional presentations in all 50 US states and 16 countries, including presentations for the American Physical Therapy Association, and at the World Congress of Physical Therapy in Singapore. She has received national awards from the APTA including the highest clinical award, The Florence Kendall Practice Award, honoring "one's outstanding and enduring contributions to the practice of physical therapy." She has been honored as Outstanding Alumnus of the Year by each of her three alma maters. She maintains a private practice in Chicago, specializing in breathing and postural dysfunction.

Financial Disclosures: Mary Massery receives a speaking fee from Education Resources and from the sale of her DVD's. Non-Financial: She has no non-financial relationships to declare.

"There is not a single school-based PT in this class whose practice you have not forever changed because of your material. Thank you."

— M.M., PT Lansing, MI

About this Course

Children with medical problems and/or physical disabilities are surviving to adulthood. Adults with chronic health conditions are living longer. As these patients "survive" their health conditions, atypical breathing patterns and atypical postural control strategies often develop and cause repetitive stress on the musculoskeletal system. The consequences can be chronic pain, inefficient motor plans, and/or physical dysfunction, all which limit health and participation. Current research supports this paradigm, showing a higher incidence of chronic pain and decreased quality of life among children and adults with long-term health conditions. The focus of this course is on identifying, treating, anticipating/ preventing common consequential spinal and rib cage restrictions: thoracic kyphosis, scoliosis, pectus deformities, rib flares, asymmetries, tightness, etc. These musculoskeletal restrictions can limit breathing (health) and/or shoulder, trunk, and hip/pelvis mobility (participation). Labs present manual therapy techniques (soft tissue techniques, joint mobilizations) and neuromotor re-education techniques.

Objectives

- 1 Describe the relationship between chronic health conditions (pediatric & adult), atypical motor plans for breathing and/or postural stability, and the development of secondary musculoskeletal deficits.
- 2 Screen for musculoskeletal abnormalities, inadequate core stabilization strategies and compensatory breathing patterns that may contribute to the abnormal alignment of the rib cage, trunk and/or spine secondary to pediatric and adult chronic health conditions.
- 3 Develop and demonstrate musculoskeletal mobilization and soft tissue techniques of the rib cage, trunk and spine to correct or minimize these deformities.
- 4 Develop subsequent treatment plans for neuromuscular retraining that is focused on simultaneously optimizing breathing, core stabilization and postural development across the lifespan in order to minimize long-term secondary postural impairments.

Schedule – Day 1

8:00-8:30	Registration/Continental Breakfast
8:30-9:00	Overview of course topics
9:00-10:15	Adverse postural development related to maturing around a chronic health condition
10:15-10:30	Break
10:30-12:00	Breathing: “I don’t have a clue how to evaluate breathing...” Well, now you will! (musculoskeletal support for posture and respiration)
12:00-1:00	Lunch (on your own)
1:00-2:00	LAB: Core muscles: Assessing mid trunk control: diaphragm, intercostals and abdominals
2:00-3:15	Assessing breathing patterns and postural relationships
3:15-3:30	Break
3:30-4:15	LAB Breathing measurements, wrap up
4:15-5:30	LAB Rib cage, shoulders, trunk, pelvis: musculoskeletal assessment and interventions: Screening functional trunk mobility in stance: ribs, spine, shoulders

Schedule – Day 2

8:00-8:30	Continental Breakfast
8:30-9:00	Review, synthesis and Q&A
9:00-9:30	Matthew Case Study: Long term management of spine, posture and breath support
9:30-10:15	LAB Detailed trunk mobility screening in sidelying

Schedule – Day 2 (cont.)

10:15-10:30	Break
10:30-12:00	LAB Rib mobilizations & soft tissue techniques
12:00-1:00	Lunch (on your own)
1:00-1:45	Trent Case Study: Scars and restricted fascia
1:45-3:00	LAB Quadratus lumborum & other techniques
3:00-3:15	Break
3:15-4:45	LAB Trunk/Postural control: Therapeutic exercises
4:45-5:30	Patient demonstration

Schedule – Day 3

8:00-8:30	Continental Breakfast
8:30 – 9:00	Review, synthesis and Q&A
9:00 – 10:15	The Spine
10:15 – 10:30	Break
10:30 – 12:00	LAB Thoracic spine mobilizations
12:00 – 12:45	Lunch (on your own)
12:45 – 2:15	LAB: Thoracic spine mobilizations & dynamic neuromotor re-education techniques
2:15 – 3:00	Kristy Case Study: Long term consequences of survival

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Course Requirements

Required attire for labs: Please wear attire that allows a lab partner to see your rib cage and trunk, such as tank tops, sports bras, etc. Loose comfortable pants such as yoga pants, sweat pants, etc. are also recommended. Hair clips or pony tail bands are needed for long hair in labs. Participants not wearing lab clothes are invited to come and observe. Participants need one beach towel one bath towel and one pillow each. Please feel free to bring a yoga mat.

Credits

This course meets the criteria for 20.5 contact hours (2.05 CEUs). Application has been made to the **NJ** Board of Physical Therapy Examiners and the **PA** State Board of Physical Therapy.

Approved provider by the **NY** State Board of Physical Therapy for 24.6 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 20.5 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

NBCOT professional development provider- 20.5 PDU

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Locations and Dates

April 12-14, 2019 Livingston, NJ CP of North Jersey

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\$435 fee. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

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April/NJ

Course Registration Form

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Home Phone: _____ Work Phone: _____

Cell Phone: _____

Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

Employer: _____

Discipline: _____ Specialty: _____

How did you learn of this course _____

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