

COVID-19 Long-Haulers:

Potential Long-Term

Physical Problems

Dr. Mary Massery, PT, DPT, DSC

Faculty

Dr. Massery received her BS in Physical Therapy from Northwestern University in 1977, her DPT from the University of the Pacific in 2004 and her DSc from Rocky Mountain University in 2011. Her publications and interests focus on linking motor behaviors to breathing and/or postural mechanics in both pediatric and adult patient populations. Dr. Massery has been invited to give over 900 professional presentations in all 50 US states and in 18 countries worldwide, including more than 100 presentations for the American Physical Therapy Association. Mary's research pioneered the concept of managing trunk pressures as a new way to visualize core stabilization. She has delivered keynote and major addresses on topics such as cystic fibrosis and posture, pectus excavatum (chest deformities), connections between posture & breathing, and PNF (proprioceptive neuromuscular facilitation). Mary has received national awards from the APTA, including its 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 3 universities. She was also awarded Northwestern University's Alumnae Research Achievement Award. Mary continues to maintain 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.

About this Live Webinar

Survivors of moderate/severe COVID report a myriad of symptoms that persist for weeks and months after recovery. These patients are called "long-haulers" (Chronic COVID Syndrome (CCS)). This webinar will focus on COVID survivors who are medically stable, but surprisingly not returning quickly to their pre-morbid health status and/or pre-morbid activity levels. The speaker will present a multi-system approach to determine these patients' short-term and potential long-term physical problems especially as they relate to core stability and breathing mechanics. The speaker will present a contextual model of postural control (soda-pop can model) to assist therapists in anticipating potential problems of long-haulers' trajectory of recovery. Suggested treatment and robust discussions will be included throughout the course.

Objectives

Upon completion of this course participants will be able to:

- Identify how COVID-19 might adversely affect physical function in the post-acute phase.
- Recognize the framework of a multi-system differential diagnosis of CCS patients (Chronic COVID syndrome), otherwise known as long-haulers, to determine possible underlying causes of persistent physical problems.
- Choose 1-2 early and late rehabilitation ideas looking at possible multi-system reactions to the disease: cardiopulmonary, musculoskeletal, neuromuscular, integumentary, internal organs using the case study provided.
- Select 1-2 treatments that optimize how breathing and moving can be intentionally used together to improve breathing efficiency especially for COVID survivors who have residual pulmonary problems and fatigue.

Schedule Day 1

6:45 pm to 9:30 pm EST (US)

6:45 – 7:00 Webinar Registration/Zoom Course

Opens

7:00 – 8:30 COVID-19 pathophysiology, physical

symptoms, and multi-system

assessment of long-term problems

8:30 – 9:30 Case: Young adult COVID-19 long-

hauler

Q&A and robust interactive

discussions encouraged during/after

class regarding management of long-

hauler cases

Audience

PTs, OTs, SLPs, and other clinicians working with COVID-19 patients.

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Credits

This course meets the criteria for 2.5 contact hours (0.25) CEUs, Intermediate Level.

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2.5 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.



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Please contact us with any special needs requests:
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Webinar Dates & Times

June 15, 2021

6:45 pm EST • 5:45 pm CST • 4:45 pm MST • 3:45 pm PST (US)

Registration is for one sessions. Log-in instructions and course materials will be emailed/added to your ERI account 2-3 days prior to the first date of the webinar.



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Limited enrollment. We encourage you to register online!

WEBINAR: COVID-19 Long-Haulers

June 15, 2021

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