Mary Massery, PT, DPT, DSc

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 700 professional presentations in 48 US states, 9 Canadian provinces, and 11 countries worldwide. Mary has delivered keynote/major addresses on topics such as cystic fibrosis and posture, neuromuscular deficits, pector fasciculus (chest deformities), and connections between posture & breathing for the Royal Society of Medicine in London, England; the Australian & New Zealand Spinal Cord Injury Conference in Brisbane, Australia; the Irish Society of Chartered Physiotherapists Meeting in Galway, Ireland; the International Seating Symposium in Vancouver, Canada; and the Conference on Posture and Mobility in Coventry, England; as well as numerous presentations at the American Physical Therapy Association’s (APTA) Combined Sections Meetings across the USA.

Mary has received national awards from the APTA, including its highest clinical award, The Florence Kendall Practice Award, and the honorary Linda Crane Memorial Lecture.

She continues to maintain a private practice in Chicago as well, specializing in ventilation and postural dysfunction.

COURSE DESCRIPTION
This course will challenge the practitioner to make a paradigm shift; acknowledging the importance of the cardiopulmonary system as an integral component of postural control. The speaker will present a model of postural control (Soda Pop Can Model) that demonstrates how breathing mechanics are linked to motor and physiologic behaviors. This is the cornerstone for the speaker’s multi-system clinical approach to the evaluation and treatment of trunk and/or respiratory impairments. She will demonstrate how to integrate the cardiovascular, pulmonary, musculoskeletal, neuromuscular, integumentary and internal organ systems into every evaluation and intervention, as well as how to recognize physiologic causes or consequences that may accompany these motor dysfunctions. The speaker will show the participants how to effectively pair ventilatory strategies with specific movements in order to establish the pulmonary system as an asset rather than a liability for their patients, regardless of whether their original diagnoses were physiologic or physical. The emphasis of the presentation will be on developing and applying practical quick clinical solutions that are applicable for both pediatric and adult patients in all practice settings.

AUDIENCE
PT, PTA, OT, COTA, SLP

COURSE OBJECTIVES
At the conclusion of Day 1, participants should be able to:
1. State how the mechanics of breathing and postural control are inter-active and inter-dependent components of normal movement strategies.
2. Describe the multiple, simultaneous roles of the diaphragm as related to breathing, postural control, gastrointestinal reflux, constipation and venous return.
3. Contrast normal musculoskeletal development of the chest in infants and the concurrent motor skill acquisition that was observed in patients with impaired trunk function resulting from multiple different diagnostic categories.
4. Position patients for optimal cardiopulmonary function (physiological and biomechanical) with simple equipment such as towel rolls and pillows in recumbent and upright positions for use in and out of hospital settings.
5. Optimize patient function by integrating appropriate ventilatory strategies with all movements from low-level activities to athletic endeavors.
6. Apply theoretical concepts to multiple clinical cases.
7. At the conclusion of Days 2-3, participants should be able to:
   7. Integrate the cardiopulmonary system into a multi-system physical and physiologic evaluation approach to motor dysfunction.
   8. Identify numerous different breathing patterns and evaluate their efficiency for use while moving, talking and eating.
   9. Evaluate breath support and postural control needs for verbal communication and perform therapeutic techniques to improve respiratory and/or trunk muscle support.
   10. Design an airway clearance program targeted to a patient’s particular need using the principles of mobilization, expectation and management.
   11. Demonstrate multiple airway clearance techniques and state when each would be applicable for a particular patient.
   12. Participate in a live patient demonstration (if a patient is able to participate on that day) and suggest possible evaluation and treatment ideas based on the course material.
   13. Demonstrate the use of thoracic cage/spine exercises and techniques to enhance rib cage and thoracic spine mobility and/or pulmonary function and state how this could lead to improved physical participation and health.
   14. Demonstrate pulmonary therapeutic exercise techniques geared toward modifying inefficient breathing patterns and state when each would be applicable for a particular patient.
   15. Demonstrate the integration of a multi-system approach to patient’s motor deficits by designing an individual evaluation and intervention program for specific clinical problems and share the findings with the class.

COURSE DESCRIPTION
At the conclusion of Days 2-3, participants should be able to:
12. Participate in a live patient demonstration (if a patient is able to participate on that day) and suggest possible evaluation and treatment ideas based on the course material.
10. Design an airway clearance program targeted to a patient’s particular need using the principles of mobilization, expectation and management.

COURSE DESCRIPTION
This course will challenge the practitioner to make a paradigm shift; acknowledging the importance of the cardiopulmonary system as an integral component of postural control. The speaker will present a model of postural control (Soda Pop Can Model) that demonstrates how breathing mechanics are linked to motor and physiologic behaviors. This is the cornerstone for the speaker’s multi-system clinical approach to the evaluation and treatment of trunk and/or respiratory impairments. She will demonstrate how to integrate the cardiovascular, pulmonary, musculoskeletal, neuromuscular, integumentary and internal organ systems into every evaluation and intervention, as well as how to recognize physiologic causes or consequences that may accompany these motor dysfunctions. The speaker will show the participants how to effectively pair ventilatory strategies with specific movements in order to establish the pulmonary system as an asset rather than a liability for their patients, regardless of whether their original diagnoses were physiologic or physical. The emphasis of the presentation will be on developing and applying practical quick clinical solutions that are applicable for both pediatric and adult patients in all practice settings.

AUDIENCE
PT, PTA, OT, COTA, SLP

COURSE OBJECTIVES
At the conclusion of Day 1, participants should be able to:
1. State how the mechanics of breathing and postural control are inter-active and inter-dependent components of normal movement strategies.
2. Describe the multiple, simultaneous roles of the diaphragm as related to breathing, postural control, gastrointestinal reflux, constipation and venous return.
3. Contrast normal musculoskeletal development of the chest in infants and the concurrent motor skill acquisition to that observed in patients with impaired trunk function resulting from multiple different diagnostic categories.
4. Position patients for optimal cardiopulmonary function (physiological and biomechanical) with simple equipment such as towel rolls and pillows in recumbent and upright positions for use in and out of hospital settings.
5. Optimize patient function by integrating appropriate ventilatory strategies with all movements from low-level activities to athletic endeavors.
6. Apply theoretical concepts to multiple clinical cases.
7. At the conclusion of Days 2-3, participants should be able to:
   7. Integrate the cardiopulmonary system into a multi-system physical and physiologic evaluation approach to motor dysfunction.
   8. Identify numerous different breathing patterns and evaluate their efficiency for use while moving, talking and eating.
   9. Evaluate breath support and postural control needs for verbal communication and perform therapeutic techniques to improve respiratory and/or trunk muscle support.
   10. Design an airway clearance program targeted to a patient’s particular need using the principles of mobilization, expectation and management.
   11. Demonstrate multiple airway clearance techniques and state when each would be applicable for a particular patient.
   12. Participate in a live patient demonstration (if a patient is able to participate on that day) and suggest possible evaluation and treatment ideas based on the course material.
   13. Demonstrate the use of thoracic cage/spine exercises and techniques to enhance rib cage and thoracic spine mobility and/or pulmonary function and state how this could lead to improved physical participation and health.
   14. Demonstrate pulmonary therapeutic exercise techniques geared toward modifying inefficient breathing patterns and state when each would be applicable for a particular patient.
   15. Demonstrate the integration of a multi-system approach to patient’s motor deficits by designing an individual evaluation and intervention program for specific clinical problems and share the findings with the class.
Please complete the registration form and mail with check or credit card information to: Helen Hayes Hospital Foundation Route 9W, West Haverstraw, NY 10993

Registration Fee Includes: Conference Workbooks and Handouts; Daily Continental Breakfast, Lunch and Refreshment Snacks

Cancellation Policy: Cancellation and requests for refunds will be accepted until February 28, 2014, minus a $50 non-refundable fee. No refunds granted after February 28, 2014. In the event the course is cancelled due to insufficient registration, all course registration fees will be fully refunded.

Please print legibly and provide an email address so we can reach you if necessary.

If You Can’t Breathe, You Can’t Function

Name: ____________________________________________

(Make sure to print with your credentials as you would like it to appear on the certificate of attendance)

Mailing Address: ____________________________________________ Email Address: __________________________

City: __________ State: __________ Zip: __________

Employer: __________________________ Daytime Phone: __________ Special Needs: __________________________

Space is limited so early registration is encouraged.

Please be sure to check if you will be attending the one day or three day option.

☐ OPTION 1: Lecture/Demonstration ONLY - Friday, March 7, 2014 Early Bird (by 1/31/14) $195

☒ OPTION II: Lecture & Lab Formats - Friday-Sunday, March 7-9, 2014 Regular $235

$595 $655

Total Enclosed $ __________

Note: Two or more participants from the same organization registering for the same course offering receive a discount of 5% from all above prices. Registration forms MUST BE received together.

Method of Payment:

☐ Check (make check payable to Helen Hayes Hospital Foundation)

☐ OR Credit Card: __________________________ Credit Card #: __________________________

Exp Date: __________________________ Authorized Signature: __________________________

A block of rooms has been reserved at the Comfort Inn, 425 E. Route 59, Nanuet, NY 10954 (845-623-6000)

Please book directly with the hotel.

For additional information: 845-786-4225 or email: info@helenhayeshospital.org

HELEN HAYES HOSPITAL

Beautifully situated in West Haverstraw, New York, Helen Hayes Hospital is just 35 minutes north of New York City and commands a magnificent view of the Hudson River on its 105-acre campus. Founded in 1900 and today the largest physical rehabilitation hospital in New York State, Helen Hayes is internationally recognized as a center of excellence in physical rehabilitation medicine and research. The hospital prides itself on being able to expertly manage the most complex and acute rehabilitation cases, including spinal cord and brain injuries and stroke, as well as rehabilitation following hip replacement and cardiac surgery. The goal is to help people achieve the highest level of independence possible, by restoring mobility and functioning, so they may return to active, healthy lives. Services are offered on both an inpatient and outpatient basis.

If You Can’t Breathe, You Can’t Function

Integrating Cardiopulmonary & Postural Control Strategies in the Pediatric & Adult Populations

Instructor

Mary Massery, PT, DPT, DSc

Sponsored by

Helen Hayes Hospital
West Haverstraw, NY

March 7-9, 2014

HELEN HAYES HOSPITAL
Route 9W, West Haverstraw, NY 10993
www.helenhayeshospital.org