

Mary Massery's

**LINKED: BREATHING & POSTURAL CONTROL***Instructor***Nechama Karman, PT, MS, PCS***Sponsored by***Nebraska Physical Therapy Association***Presented at***University of Nebraska Medical Center  
Omaha, NE****Saturday, April 28, 2018****7.5 Contact Hours**

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7:00-7:30	Registration	
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10:00-10:30	Exhibitor Break	
10:30-12:00	<u>Lecture</u> : Breathing and posture: Part 2 - continued...	
	<u>Lecture</u> : Breathing and posture: Part 3 - The vocal folds	17-21
12:00-1:30	Lunch and business meeting	
1:30-2:30	<u>Lecture</u> : Breathing and posture: Part 3 - continued...	
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2:30 - 2:45	Break	
2:45 - 4:00	<u>Mini-lab</u> : Positioning strategies: What can you do in 90 Seconds or less that has a profound and lasting effect?	42-45
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4:00 - 5:30	<u>Mini-lab</u> : Ventilatory or movement strategies: Integrating neuromuscular, musculoskeletal, respiratory and sensory systems	51-55
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## COURSE DESCRIPTION

This course will challenge the practitioner to make a paradigm shift: connecting breathing mechanics and postural control with management of trunk pressures. Through Dr. Massery's model of postural control (Soda Pop Can Model), the speaker will link breathing mechanics with motor and physiologic behaviors (a multi-system perspective). She will present novel research demonstrating the role of vocal folds as postural stabilizers, extending the concept of "core stability" from the vocal folds on the top of the trunk to the pelvic floor on the bottom. Numerous interventions will be presented that use positioning and ventilatory strategies to optimize motor performance. The emphasis of the course will be on developing practical, quick clinical solutions for pediatric and adult patients in all practice settings.

## COURSE OBJECTIVES

*At the conclusion of the course, participants should be able to:*

1. Describe how trunk pressures link breathing and postural control using the Soda Pop Can Model.
2. Describe the multiple, simultaneous roles of the diaphragm as related to breathing, postural control, gastroesophageal reflux, constipation, and venous return.
3. Demonstrate the role of the vocal folds in normal postural stability responses (balance) and make the case for using speaking valves for patients with tracheostomies.
4. Contrast normal infant chest wall development to those with impaired breathing mechanics.
5. Position patients for optimal physiological and biomechanical support of breathing with simple equipment (towels, pillows, etc.).
6. Use a ventilatory strategy algorithm presented in class to optimally match breathing with movements from bed mobility to athletic endeavors.

## MASSERY PHYSICAL THERAPY

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### **SPEAKER'S BIOGRAPHY** **Nechama Karman, PT, MS, PCS**

Nechama Karman received her MSPT from Columbia University in 1994, her Advanced MS in orthopedic PT from Touro College in 1998, and has completed her Health Sciences PhD coursework at Seton Hall University. She has held academic appointments at both Hunter College and NYIT, and is also an APTA board-certified pediatric clinical specialist.

Nechama is chief clinical educator at Mobility Research, providing pediatric and adult trainings, introductory and advanced seminars, webinars, and clinical support for LiteGait in the USA and internationally. She is a primary instructor in LiteGait's "train the trainer" program. She also owns a private practice in New York City focusing on treating patients with complex neurological conditions and/or complex pelvic conditions.

Nechama has been a teaching assistant for Mary's courses for over a decade and completed a 2-year faculty apprenticeship in 2016, becoming Mary's first certified faculty member! One of Nechama's proudest "Mary Massery" moments occurred when she treated a man suffering from prostatectomy-related incontinence using Mary's approach. She taught him to transfer without incontinence for the first time in 9 months - all in under 15 minutes! She is passionate about helping other therapists learn these important concepts.