**IF YOU CAN’T BREATHE,**

**YOU CAN’T FUNCTION**

*Integrating Cardiopulmonary and Postural Control Strategies*

*in the Pediatric and Adult Populations*

**Friday, June 9, 2017**

Lecture and Demonstration Only

**Friday-Sunday, June 9-11, 2017**

Lecture, Demonstration and Lab

**Instructor**

**Mary Massery, PT, DPT, DSc**

**and designated faculty**

## Sponsored by

**Mary Free Bed Rehabilitation Hospital**

**350 Lafayette Ave. SE, Conference Center**

**Grand Rapids, MI 49503**

## http://insidemfb/Forms%20Center/Marketing%20-%20Public%20Relations/Logos/MFB_name%20with%20tag_color.JPG

## (20.5 Contact Hours available)

DRAFT

**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. Neuromotor breathing retraining techniques and manual assistive cough techniques will be highlighted in labs as well as other manual interventions. 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.

***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, gastroesophageal 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.

***At the conclusion of Days 2- 3, participants should be able to:***

1. Integrate the cardiopulmonary system into a multi-system physical and physiologic evaluation approach to motor dysfunction.
2. Identify numerous different breathing patterns and evaluate their efficiency for use while moving, talking and eating.
3. Evaluate breath support and postural control needs for verbal communication and perform therapeutic techniques to improve respiratory and/or trunk muscle support.
4. Design an airway clearance program targeted to a patient’s particular need using the principles of mobilization, expectoration and management.
5. Demonstrate multiple airway clearance techniques and state when each would be applicable for a particular patient.
6. 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.
7. Identify thoracic cage/spine restrictions as they pertain to breathing mechanics and postural control (brief introduction to musculoskeletal topic).
8. Demonstrate pulmonary therapeutic exercise techniques geared toward modifying inefficient breathing patterns and state when each would be applicable for a particular patient.
9. 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.

**INTENDED AUDIENCE:**

Physical Therapist/ Physical Therapist Assistants

Occupational Therapists/ Occupational Therapist Assistants

Speech Language Pathologists

**KEYNOTE SPEAKER / PRIMARY COURSE INSTRUCTOR-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 800 professional presentations in 49 US states, 9 Canadian provinces, and 15 countries worldwide. Mary has delivered keynote/major addresses on topics such as cystic fibrosis and posture, neuropulmonary deficits, pectus excavatum (chest deformities), and the 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.

**PROGRAM AGENDA:**

**Friday, June 9, 2017 (7.5 Contact Hours) Lecture/ Demonstrations**

DRAFT

|  |  |
| --- | --- |
| 8:00 - 8:30 | Registration & Continental Breakfast |
| 8:30 - 10:30 | Lecture: Breathing and Posture: A Multi-system Event! |
| 10:30 - 10:45 | Break |
| 10:45 - 12:00 | Lecture: Breathing and Posture (continued) |
| 12:00 - 1:00 | Lunch |
| 1:00 - 2:00 | Lecture: Breathing and Posture (continued) |
| 2:00 - 2:30 | Lecture: Normal and Abnormal Chest Wall Development and Function |
| 2:30 - 2:45 | Break |
| 2:45 - 4:00 | Mini-lab: What can you do in 90 Seconds or Less that has a Profound and Lasting Effect? Positioning Strategies |
| 4:00 - 5:30 | Mini-lab: Ventilatory or Movement Strategies: Integrating the neuromuscular, musculoskeletal, respiratory and sensory systems |

**Saturday, June 10, 2017 (7.5 Contact Hours) Lecture/ Lab Format**

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| --- | --- |
| 8:00 - 8:30 | Registration & Continental Breakfast |
| 8:30 - 10:00 | Lecture: Find the Problem: Pulmonary Assessment from a Multi-system Perspective |
| 10:00 - 10:15 | Break |
| 10:15 - 12:00 | Lab: Chest Assessment: Focus Musculoskeletal Alignment and Breathing Pattern Assessment |
| 12:00 - 1:00 | Lunch |
| 1:00 - 1:30 | Lab: Chest Assessment (continued) |
| 1:30 - 2:30 | Lab: Enhancing Breath Support for Phonation |
| 2:30 - 2:45 | Break |
| 2:45 - 3:45 | Lecture: Airway Clearance: From Sherlock to Solution |
| 3:45 - 4:45 | Lab: Airway Clearance |
| 4:45 - 5:30 | Patient Demonstration (if possible) |

**Sunday, June 11, 2017 (5.5 Contact Hours) Lecture/ Lab Format**

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| --- | --- |
| 8:00 - 8:30 | Registration & Continental Breakfast |
| 8:30 - 9:15 | Mini-lab: Introduction to Thoracic Spine / Rib Cage Musculoskeletal Restrictions Impairing Breathing Mechanics (or Vice Versa) |
| 9:15 - 10:00 | Lab: Facilitating Efficient Breathing Patterns and Building Endurance |
| 10:00 - 10:15 | Break |
| 10:15 - 12:00 | Lab: Facilitating Breathing Patterns (continued) |
| 12:00 - 12:45 | Lunch |
| 12:45 - 2:30 | Lab: Facilitating Breathing Patterns (continued) |
| 2:30 - 3:00 | Lab: Group Problem Solving: Putting It All Together |

**Continuing Education Credits/Units**

* Mary Free Bed Rehabilitation Hospital will seek MPTA Credit for the course through the Michigan Physical Therapy Association for physical therapy education in Michigan.
* This activity has been submitted to the Calvin College Speech Pathology and Audiology Department for approval of ASHA credit. Calvin College is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. This course is offered for 20.5 CEU (Intermediate level, Professional area) ASHA Continuing Education. Provider approval does not imply endorsement of course content, specific products, or clinical procedures.

**Cancellation Policy**

Registrants unable to attend may send an alternate with prior written notification. The alternate must complete a registration form. The registration fee, less a $75.00 administration fee for Option I and a $135.00 administration fee for Option II, is refundable if written notice of cancellation is received by May 15, 2017. No refunds will be issued for cancellations received after this date or for non-attendance.

**Please Note:** in the event of course cancellation by Mary Free Bed Rehabilitation Hospital, the full registration fee will be refunded. Mary Free Bed Rehabilitation Hospital regrets that in the event of cancellation, we are not able to assume liability for travel and lodging costs incurred.

**Airport and Hotel Information**

The closet airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44th St. SE, Grand Rapid, MI 49512. [www.flygrandrapids.org](http://www.flygrandrapids.org)

There are many lodging options in and around the Grand Rapids area including but not limited to:

**AMWAY GRAND PLAZA HOTEL - 0.9 mi from Mary Free Bed**

187 Monroe Ave. NW, Grand Rapids, MI 49503

(616) 774-2000

**HOLIDAY INN**

310 Pearl St. NW, Grand Rapids, MI 49504

(616) 235-7611

Downtown Grand Rapids at 131 and Pearl Street,

1 mile northwest of Mary Free Bed

**DOWNTOWN COURTYARD BY MARRIOTT**

11 Monroe NW, Grand Rapids, MI 49503

(616) 242-6000 or (800) 321-2211

Downtown Grand Rapids at Fulton and Monroe,

1 mile west of Mary Free Bed

**HOMEWOOD SUITES BY HILTON**

161 Ottawa Ave. NW, Grand Rapids, MI 49503

(616) 451-2300

**HAMPTON INN & SUITES - DOWNTOWN**

433 Dudley Pl. NE, Grand Rapids, MI 49503

(616) 456-2000

1 mile north of Mary Free Bed

**HOLIDAY INN EXPRESS HOTEL & SUITES**

6569 Clay Avenue SW, Grand Rapids, MI 49548

(616) 871-9700

South of downtown Grand Rapids at 131 and 68th Street, 9 miles south of Mary Free Bed

**SPRINGHILL SUITES BY MARRIOTT**

450 Center Dr., Grand Rapids, MI 49544

(616) 785-1600 or (888) 287-9400

springhillsuites.marriott.com

5 miles north of downtown Grand Rapids at I-96

and Alpine

**STAYBRIDGE SUITES BY HOLIDAY INN**

3000 Lake Eastbrook Blvd. SE, Kentwood, MI 49512

(616) 464-3200

8 miles east of Mary Free Bed and downtown Grand Rapids, located at 29th Street and Lake Eastbrook Blvd.

**SLEEP INN & SUITES**

4824 29th St. SE, Grand Rapids, MI 49512

(616) 975-9000

8 miles east of Mary Free Bed and downtown Grand Rapids, located at 29th Street and

East Paris

**Registration- If You Can’t Breathe, You Can’t Function**

**Pre-registration is required**

**You must register with payment by May 30, 2017.** Space is limited and registrations will be accepted in the order received. Fee includes continental breakfast, lunch as well as course materials. ***Due to the lab practicum format for this course, weekend attendance will be strictly limited. Early registration is strongly advised.***

**The following registration options are available: Please circle your registration option fee**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **MFB Employees and Network Members**  **Early Bird**  **(through April 14, 2017)** | **MFB Employees and Network Members**  **Regular rate**  **(after April 14, 2017)** | **Outside Organizations**  **Early Bird**  **(through April 14, 2017)** | **Outside Organizations**  **Regular rate**  **(after April 14, 2017)** |
| **Option I Lecture/ Demo ONLY: Friday, June 9, 2017** | **$125** | **$175** | **$200** | **$250** |
| **Option II Lecture, Demo and Lab: Friday, Saturday and Sunday, June 9-11, 2017** | **$395** | **$450** | **$595** | **$655** |

Participant Information – (please print)

**YOU MUST complete the ENTIRE SECTION to register!**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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E-Mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name as it would appear on name badge: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(Continued on next page)**

**Questions:** Bonita Pawloski 616-840-8292 or [bonita.pawloski@maryfreebed.com](mailto:bonita.pawloski@maryfreebed.com)

**OR** Monica Rykse 616-840-8851 or [monica.rykse@maryfreebed.com](mailto:monica.rykse@maryfreebed.com)

**Payment Information**

**Payment options: Check, Visa or MasterCard**

**€** **Check enclosed payable to:**

**Mary Free Bed Rehabilitation Hospital / Massery course**

**Complete the attached registration form and mail to:**

**Attn: Bonita Pawloski, Director of Education**

**Mary Free Bed Rehabilitation Hospital**

**235 Wealthy Street SE, Grand Rapids, MI 49503**

**€ Visa or MasterCard**

Card number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Exp. Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**3. Fax**

**€ MFB employee using department education funds- MUST include copy of check request/ continuing education authorization form.**

**Complete the attached registration form and fax to: 616.840.9626 / Attn: Bonita Pawloski**

**or email to** [**medical.education@maryfreebed.com**](mailto:medical.education@maryfreebed.com)