

I Survived, Now What?

Mary Free Bed
Rehabilitation Hospital

Treating the Musculoskeletal Consequences of Maturing with a Chronic Health Condition

Feb. 8-10, 2019

LOCATION

Mary Free Bed
Professional Building
Meijer Conference Center
350 Lafayette Ave. SE
Grand Rapids, MI 49503

INTENDED AUDIENCE:

Physical therapists/physical therapist assistants
Occupational therapists/occupational therapist assistants

INSTRUCTOR:

Mary Massery, PT, DPT, DSc and designated faculty

KEYNOTE SPEAKER/ PRIMARY COURSE INSTRUCTOR-

Mary Massery, PT, DPT, DSc

Dr. Mary Massery received her bachelor of science in Physical Therapy from Northwestern University in 1977, her doctor of physical therapy 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 postural mechanics in pediatric and adult patient populations.



Mary has been invited to give more than 900 professional presentations in all 50 states and 16 countries, including more than 100 presentations for the American Physical Therapy Association, and a full-day post-conference program at the World Congress of Physical Therapy in Singapore. Mary has delivered keynote and significant addresses on topics such as cystic fibrosis and posture, neuropulmonary deficits, pectus excavatum (chest deformities) and connections between posture and breathing.

A recipient of national awards from the APTA, Mary also has received the organization's 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 alma maters. And in 2016, she was awarded Northwestern University's Alumnae Research Achievement Award. Mary maintains a private practice in Chicago, where she specializes in breathing and postural dysfunction.

COURSE DESCRIPTION:

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 of 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 ribcage 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. While Dr. Massery’s primary focus is on pediatrics and young adults, the material is pertinent across the lifespan.

OBJECTIVES:

Upon completion of this course, you will be able to:

1. Describe the relationship between chronic health conditions (pediatric and 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 ribcage, trunk and/or spine secondary to pediatric and adult chronic health conditions.
3. Develop and demonstrate musculoskeletal mobilization and soft tissue techniques of the ribcage, 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.

FRIDAY, FEB. 8 (7.5 CONTACT HOURS)

Focus: Breathing and its relationship to postural development

8–8:30 a.m.		Registration and continental breakfast
8:30–9 a.m.	Discussion	Overview of course topics
9–10:15 a.m.	Lecture	Adverse postural development related to maturing around a chronic health condition
10:15–10:30 a.m.		Break
10:30 a.m.–Noon	Lecture/Lab	Breathing handout: I don’t have a clue how to evaluate breathing... Well, now you will! (musculoskeletal support for posture and respiration)
Noon–1 p.m.		Lunch
1–2 p.m.	Lab	Breathing handout... (continued): Core muscles: Assessing mid-trunk control: diaphragm, intercostals and abdominals
2–3:15 p.m.	Lecture/Lab	Breathing handout... (continued): Assessing breathing patterns and postural relationships
3:15–3:30 p.m.		Break
3:30–4:15 p.m.	Lab	Breathing handout... (continued): Measurements, wrap-up
4:15–5:30 p.m.	Lab	Ribcage handout: Ribcage, shoulders, trunk, pelvis: musculoskeletal assessment and interventions: Screening functional trunk mobility in stance: ribs, spine, shoulders

SATURDAY, FEB. 9 (7.5 CONTACT HOURS)

Focus: The ribcage: assessment and treatment of consequential problems

8–8:30 a.m.		Registration and continental breakfast
8:30–9 a.m.	Discussion	Review, Synthesis and Q&A
9–9:30 a.m.	Lecture	Matthew: Long-term management of spine, posture and breath support
9:30–10:15 a.m.	Lab	Ribcage handout... (continued): Detailed trunk mobility screening in side lying
10:15–10:30 a.m.		Break
10:30 a.m.–Noon	Lab	Ribcage handout... (continued): Rib mobilizations and soft tissue techniques
Noon–1 p.m.		Lunch
1–1:45 a.m.	Lecture	Case studies: Scars and restricted fascia
1:45–3 p.m.	Lab	Ribcage handout... (continued): Quadratus lumborum & other techniques
3–3:15 p.m.		Break
3:15–4:45 p.m.	Lab	Ribcage handout... (continued): Therapeutic exercises
4:45–5:30 p.m.	Demo	Patient demonstration (if available)

SUNDAY, FEB. 10 (5.5 CONTACT HOURS)

Focus: The thoracic spine: Assessment and treatment of consequential problems

8–8:30 a.m.		Registration and continental breakfast
8:30–9 a.m.	Discussion	Review, synthesis and Q&A
9–10:15 a.m.	Lecture	The spine
10:15–10:30 a.m.		Break
10:30 a.m.–Noon	Lab	Ribcage handout... (continued): Thoracic spine mobilizations
Noon–12:45 p.m.		Lunch
12:45–2:15 p.m.	Lab	Ribcage handout... (continued): Thoracic spine mobilizations and dynamic neuromotor re-education techniques
2:15–3 p.m.	Lecture	Case study "Kristy:" Long-term consequences of survival

CONTINUING PROFESSIONAL EDUCATION

This program has been submitted to the Michigan Physical Therapy Association for **20.5 credit hours** of physical therapy education in Michigan.

A general certificate of attendance will be offered to occupational therapist and occupational therapist assistants.

Certificates will be awarded and emailed to participants who attend the course, submit a completed evaluation form and complete a sign-in form. The number of continuing education credits/units awarded will be based on the hours attended and the requirements of the specific accreditation body.

Certificates will be emailed within three weeks of the conference date.

AIRPORT AND HOTEL INFORMATION

The closest airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44th St. SE, Grand Rapids, MI 49512. 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 U.S.-131 and Pearl Street,
1 mile northwest of Mary Free Bed

DOWNTOWN COURTYARD BY MARRIOTT

11 Monroe Ave. NW, Grand Rapids, MI 49503
616.242.6000 or 800.321.2211

Downtown Grand Rapids at Fulton Street and Monroe Avenue,
1 mile west of Mary Free Bed

HOMWOOD 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 Ave. SW, Grand Rapids, MI 49548
616.871.9700

South of downtown Grand Rapids at U.S. 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 Avenue

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 Boulevard

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 Avenue

TWO EASY WAYS TO REGISTER AND PAY

Space is limited and registrations will be accepted in the order received. Fee includes continental breakfast, lunch and course materials. Due to the lab practicum format for this course, attendance will be strictly limited. Early registration is strongly advised.

1.) Mail

Complete the attached registration form and mail to:
Bonita Pawloski, Director of Education, Mary Free Bed
Rehabilitation Hospital, 235 Wealthy St. SE,
Grand Rapids, MI 49503.

Payment option: Check, Visa or MasterCard

2.) Fax

Complete the attached registration form and fax to: 616.840.9626

Payment option: Visa or Mastercard

Please make check payable to: Mary Free Bed Fund/Massery'19

**A service fee of \$35 will be assessed for all checks returned for insufficient funds or for charges made to closed accounts.*

Registration Confirmation

Registration will be taken in the order in which payment is received. Payment must accompany the registration form to confirm a seat at this conference. You will receive confirmation of your registration within ten business days. If not, please contact the Medical Education Department at 888.492.9934.

Refund 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 \$125 service charge, is refundable if written notice of cancellation is received by Jan. 11, 2019. No refunds will be issued for cancellations received after Jan. 11, 2019 or for non-attendance.

Cancellation or Replacement of Speaker

In the event of an activity cancellation, the liability of Mary Free Bed Rehabilitation Hospital will be limited to a full or partial refund of registration fees. Mary Free Bed reserves the right to substitute an equally qualified speaker.

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.

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Parking

Use the parking ramp directly south of 350 Lafayette Ave. SE, labeled 'C'.

Dress Code

Business casual. The conference room temperature can fluctuate; it is recommended you bring a sweater or jacket.

REGISTRATION FORM

Course Fees	Early Bird* – Through Nov. 30	After Nov. 30
MFB Professionals/Network	\$395	\$450
Professional Staff (outside MFB)	\$595	\$650

**To be eligible for the Early Bird Special, you must register by Nov. 30, 2018*

Participant Information (please print)

You **must** complete the **entire** section to register!

Name: _____

Credentials (degrees/certifications): _____

Title: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____

Fax: _____

Email: _____

Name as it should appear on badge: _____

Payment Information

Check enclosed payable to: Mary Free Bed Fund/Massery'19

Please select one: Visa MasterCard

Card number: _____ Exp. date: ____ / ____

Name as it appears on card: _____

Billing address for card: _____

Cardholder's signature: _____

Cardholder's phone: _____

Continuing Education Credits/Units (check one)

General Certificate of Attendance (OT, OTA)

MPTA (PT, PTA)

