Registration Form

IF YOU CAN'T BREATHE YOU CAN'T FUNCTION

June 21 –23, 2019

Please select one of the three options:

☐ Option A - **$225.00**

☐ Option B (Prior to May 1, 2019) **$725.00**

☐ Option B* (After May 1, 2019) **$775.00**

Name: _____

Address: _____

_____

Phone Number:_____

Employer/Facility: _____

Profession:_____

E-mail: _____

Dietary Restrictions:_____

Please mail the completed registration form and payment to:

Karen Malenchak

Mary Massery Course

RR138-800 Sherbrook Street

Winnipeg, MB R3A 1M4

Cheques to be made payable to: "*HSC Physiotherapy*"

Option A: One Day - Fri, June 21, 2019

Lecture component only

Option B: Three Days - June 21—23, 2019

Lecture and Lab component

Registration Fees

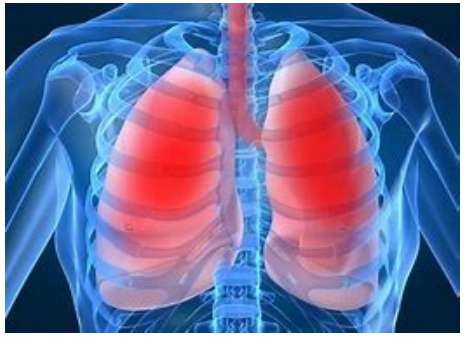
Option A: $225.00

Option B: $725.00 (prior to May 1/19)

Option B*: $775.00 (after May 1/19)

Registration Deadline:

June 5th, 2019



For further information please contact:

Karen Malenchak

RR138 – 800 Sherbrook Street

Winnipeg, Manitoba

R3A 1M4

204-787-4679

kmalenchak@hsc.mb.ca

Health Sciences Centre Winnipeg

Presents

IF YOU CAN'T BREATHE, YOU CAN'T FUNCTION

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

Mary Massery, PT, DPT, DSc and Faculty

Friday June 21, 2019 to

Sunday June 23, 2019

Health Sciences Centre
Physiotherapy Department
Rehabilitation Hospital
800 Sherbrook Street
Winnipeg, MB

Course Objectives

Day 1

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.
6. Use a ventilator strategy algorithm presented in class to optimally match breathing with movements.

Days 2-3

1. Present a multi-system evaluation of motor impairments.
2. Identify the variations of "normal" breathing patterns and discuss the efficiencies/inefficiencies for individual patient conditions.
3. Evaluate need for, and demonstrate, appropriate neuromotor retraining techniques for patients with ineffective breathing/postural control strategies (health or participation deficits).
4. Participate in live patient demonstration and suggest possible evaluation and treatment ideas based on course material.
5. Design a targeted airway clearance program using the principles of mobilization, expectoration and oral management.
6. Demonstrate airway clearance techniques, with an emphasis on manual assistive cough techniques, and apply an airway clearance algorithm to specific patient conditions.
7. Identify thoracic cage/spine restrictions as they pertain to breathing mechanics and postural control.
8. Evaluate need for, and demonstrate, neuromotor retraining techniques to improve breath support for voicing and postural control.
9. Suggest means for incorporating the course material into therapy activities in clinical settings.

Course Outline

Friday

0800-0830 Registration

0830-0900 Discussion: Overview of Course Topics

0900-1030 Lecture: Breathing and Posture Part I (Pressure Control)

1045-1200 Lecture: Breathing Part II (The Diaphragm)

1200-1300 Lunch break

1300-1415 Lecture: Breathing Part III (Vocal Folds)

1425-1525 Lab (In Chair): Positioning Strategies

1530-1615 Lecture: Normal and Abnormal Chest Wall Development and Function

1615-1730 Lab (In Chair): Ventilatory or Movement Strategies: Integrating Neuromuscular, Musculoskeletal, Respiratory and Sensory Systems

Saturday

0800-0830 Coffee

0830-0900 Discussion: Review, Synthesis and Q&A

0900-1015 Lecture/Demo: Chest Assessment

1030-1200 Lab: Assessing Breathing Patterns and Postural Implications

1200-1300 Lunch break

1300-1330 Lab: Chest Assessment (continued)

1330-1630 Lab: Facilitating Efficient Breathing Patterns and Endurance Training

1630-1730 Demo: Patient Demonstration (if possible)

Sunday

0800-0830 Coffee

0830-0900 Discussion: Review, Synthesis and Q&A

0900-1000 Lecture and Discussion: Differential Diagnosis

1015-1100 Lecture: Airway Clearance

1100-1200 Lab: Airway Clearance –Focus on Manual Assistive Cough Techniques

1200-1245 Lunch break

1245-1330 Lecture: Intro to Musculoskeletal Restrictions Associated with Breathing Difficulties

1330-1430 Lab: Enhancing Breath Support for Phonation and Postural Control

1430-1500 Group Problem Solving: Putting it All Together

Course Description

This course, developed by Mary Massery, will challenge the practitioner to make a paradigm shift: connecting breathing mechanics and postural control with the management of trunk pressures. Using Dr. Massery's model of postural control (Soda Pop Can Model), the speaker will link breathing mechanics with motor and physiologic behaviours (a multi-system perspective). The speaker will present novel research demonstrating the role of vocal folds as postural stabilizers, extending the concept of "core instability" 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 ventilator strategies to optimize motor performance. Neuromotor breathing retraining techniques and manual assistive cough techniques will be the focus of treatment labs. Multiple patient cases will be presented throughout the courses. The emphasis of the course will be on developing practical, quick clinical solutions for pediatric and adult patients in all practice settings.

Dr. Massery received her BSc 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.

Mary has delivered keynote and major addresses on topics such as cystic fibrosis and posture, neuropulmonary deficits, chest deformities, and connections between posture and breathing.

Mary has received national awards from the APTA, including its highest clinical award, ***The Florence Kendall Practice Award***. 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.