

# Mary Massery's Breathing Course:

Integrating Cardiopulmonary and Postural Control Strategies in the Pediatric and Adult Populations  
(Formerly Titled "If You Can't Breathe, You Can't Function")



Children's<sup>SM</sup>  
Healthcare of Atlanta

**Saturday – Monday, August 15 – 17, 2020**

**8:00 a.m. – 5:00 p.m. Saturday (Webinar Option for 1 Day Enrollment Only)**

**8:00 a.m. – 5:00 p.m. Sunday (Live In-Person) — Limited to first 30 registrants**

**8:00 a.m. – 2:45 p.m. Monday (Live In-Person) — Limited to first 30 registrants**

## Location

**\*\*Please note new location\*\***

[Children's Healthcare of Atlanta Support Center](#)

1575 Northeast Expressway

Atlanta, Georgia 30329

## Price

Day 1 Webinar Rate (Saturday, August 15)	\$150
Day 1 Webinar Group Rate (2+ participants from the same facility) (Saturday, August 15)	\$135
Day 1 Webinar CHOA Employee Rate (Saturday, August 15)	\$75
Days 1-3 LIVE* Conference Rate	\$495
Days 1-3 LIVE* Conference Group Rate (2+ participants from the same facility)	\$445
Days 1-3 LIVE* Conference CHOA Employee Rate	\$250

\*Days 1-3 LIVE participants may view Saturday as a webinar if desired\*

**Space is limited, register today:**

**Click [here](#) for 3 Day Live Course (limited to first 30 participants)**

**Click [here](#) to register for 1 Day Webinar**

*If you must cancel your conference registration, notify us at least seven days before the course and we will issue a refund, minus a \$25 administrative fee. No-shows or cancellations received less than seven days prior to the course will not receive a refund. Due to the unknown effects of the COVID-19 pandemic this conference may be rescheduled or cancelled at short notice. In the event of a short notice cancellation, you will be notified immediately, and we will issue a refund, minus a \$25 administrative fee.*

*Children's Healthcare of Atlanta will continue to model best practices from the Federal, CDC, and CMS guidelines to ensure staff and participants are kept safe while present for continuing education courses at the Support Center. Safety protocols for social distancing, universal masking, wellness screenings, visitor restrictions and hand hygiene may still be in effect leading up to this event and will be communicated to participants prior to the event to ensure all guidelines are met. Participants that choose to be non-compliant with the organization's safety requirements will not be allowed to participate in the education and may not receive a refund, which will be determined at the discretion of the Physician Education on-site team.*

**Contact [michelle.moore@choa.org](mailto:michelle.moore@choa.org)** with any questions regarding registration.

## Description

This course, developed by Mary Massery, will challenge the practitioner to make a paradigm shift: connecting breathing mechanics and postural control with management of trunk pressures. Using Dr. Massery's model of postural control (Soda Pop Can Model), the course will link breathing mechanics with motor and physiologic behaviors (a multi-system perspective). Novel research will be presented, 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 utilize positioning and ventilatory 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 course. The emphasis of the course will be on developing practical, quick clinical solutions for pediatric and adult patients in all practice settings.

## Target Audience

This course is intended for Physical Therapists/Physical Therapy Assistants, Occupational Therapists/Certified Occupational Therapy Assistants and Speech Language Pathologists.

## Instructor

### **Nechama Karman, PT, MS, PCS, Certified Faculty of Mary Massery**

Nechama 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 is an APTA board-certified pediatric clinical specialist and the chief clinical educator at Mobility Research for LiteGait nationally and internationally. In addition, she owns a private practice in NYC focusing on complex neurological conditions and complex pelvic conditions. Nechama has completed two invited Massery faculty apprenticeships. In 2016, she became Mary's first certified faculty member for the "Breathing" course. And in 2019, she was the first certified faculty for Mary's "I Survived" musculoskeletal course.

## Instructor Disclosure

*Financial:* Nechama Karman is receiving an honorarium from Massery Physical Therapy for this presentation.

*Non-financial:* Nechama does not have any relevant non-financial relationships.

## Agenda

**Saturday** (7.5 Contact Hours—Webinar or Live) *Unlimited enrollment for webinar*

7:30 a.m. *Registration/Sign on to webinar*

8:00 a.m. Discussion: Overview of course topics

8:30 a.m. Lecture: Breathing and posture: Part 1 - Pressure control (Soda pop model)

10:00 a.m. *Break*

10:15 a.m. Lecture: Breathing: Part 2 - The diaphragm

11:30 a.m. *Lunch Break*

12:30 p.m. Lecture: Breathing: Part 3 - The vocal folds

1:45 p.m. *Break*

1:55 p.m. Mini-lab: Positioning strategies: What can you do in 90 Seconds or less that has a profound and lasting affect?

2:55 p.m. *Break*

3:00 p.m. Lecture: Normal and abnormal chest wall development and function

3:45 p.m. Mini-lab: Ventilatory/movement strategies: Integrating neuromuscular, musculoskeletal, respiratory and sensory systems

5:00 p.m. *Adjourn*

**Sunday** (7.5 Contact Hours) *Live Enrollment Limited to first 30 Registrants*

8:00 a.m. Discussion: Review, synthesis and Q&A

8:30 a.m. Lecture/Demo: Chest assessment: Focus on musculoskeletal alignment & breathing patterns

9:45 a.m. *Break*

10:00 a.m. Lab: Assessing breathing patterns and postural implications

11:30 a.m. *Lunch Break*

12:30 p.m. Lecture: Airway clearance: From Sherlock to solution

1:15 p.m. Lab: Facilitating efficient breathing patterns and endurance training: Neuromotor techniques for diaphragm, chest and other breathing patterns

2:15 p.m. *Break*

2:30 p.m. Lab: Facilitating breathing patterns (continued)

4:00 p.m. Patient demonstration

5:00 p.m. *Adjourn*

**Monday** (5.5 Contact Hours) *Live Enrollment Limited to first 30 Registrants*

8:00 a.m. Discussion: Review, synthesis and Q&A

8:30 a.m. Lecture/Discussion: Differential diagnosis (patient demo): "Find the Problem"

10:00 a.m. *Break*

10:15 a.m. Lab: Airway clearance: Focus on manual assistive cough techniques

11:30 a.m. *Lunch Break*

12:30 p.m. Lecture/Demo: Brief intro to rib cage & trunk musculoskeletal restrictions associated with breathing difficulties—Quick Screening

- 1:00 p.m. Lab: Enhancing breath support for phonation & postural control  
 2:15 p.m. Discussion/Homework: Group problem solving: Putting it all together  
 2:45 p.m. *Adjourn*

### Continuing Education Units

Continuing Education Credits have been applied for through the **Physical Therapy Association of Georgia (PTAG)** for a maximum of **20.5 contact hours** for Physical Therapists. These credits may apply toward licensure in other states.

Direct contact hours have been applied for through the **Georgia Occupational Therapy Association (GOTA)** for a maximum of **20.5 contact hours** for Occupational Therapists. These credits may apply toward licensure in other states.



**Children's Healthcare of Atlanta** 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. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This program is offered for up to **2.05 ASHA CEUs** (Intermediate level; Professional area)

### Course Objectives

*At the conclusion of Day 1, participants should be able to:*

- Describe how trunk pressures link breathing and postural control using the Soda Pop Can Model.
- Describe the multiple, simultaneous roles of the diaphragm as related to breathing, postural control, gastroesophageal reflux, constipation, and venous return.
- 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.
- Contrast normal infant chest wall development to those with impaired breathing mechanics.
- Position patients for optimal physiological and biomechanical support of breathing with simple equipment (towels, pillows, etc.).
- Use a ventilatory strategy algorithm presented in class to optimally match breathing with movements from bed mobility to athletic endeavors.

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

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

**Accommodations**

Courtyard Atlanta Executive Park/Emory  
1236 Executive Park Drive NE  
Atlanta, GA 30329-2243

[Click here](#) for a direct link to CHOA discounted room rates.

Doubletree Hotel Atlanta North Druid Hills  
2061 North Druid Hills Road  
Atlanta, GA 30329-1808

[Click here](#) for website

(Click on Special Rate Codes and then enter 0009885641 under Corporate Account)

*All programs are intended to be accessible to all persons. If you have a disability and require assistance in order to fully participate in the conference activities, call the conference coordinator to discuss your specific needs. This educational activity does not necessarily reflect the views, opinions, policies or procedures of Children's Healthcare of Atlanta, its staff or representatives. Children's cannot and does not assume any responsibility for the use, misuse or misapplication of any information provided.*