

**Registration Form  
If You Can't Breathe, You Can't Function**

Day 1: Lecture presentation. All Disciplines.  
Days 1-3: Lecture presentation followed by two days of labs. *Enrollment for the lab components is limited to 50 participants only.* Geared to OT, PT, SLP

**Early Bird Registration (on or before January 16, 2012)**

\$590

**Regular Registration (after January 16, 2012)**

\$630

*Registration fee includes course syllabus & refreshment breaks*

Name: \_\_\_\_\_  
Profession: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: (W) \_\_\_\_\_ (C) \_\_\_\_\_  
Email: \_\_\_\_\_

**Payment Method:**

**Check or Money Order**, payable to *University of Rhode Island*

**Registration Policy**

• **Registration Cut-off**

- Early registration is recommended as registration is limited.
- All registration receipts will be given on the day of the program.
- Payment and registration form must **both** be received in order to confirm registration in course.
- Course registrants will receive a confirmation e-mail.
- NO REFUND will be given on cancellations **after the registration cut-off**, or for no shows on the program date. An alternate registrant from the same organization will be accepted under the original registration.

**Mail form and payment to:**

**University of Rhode Island  
25 West Independence Way, Suite J  
Kingston, RI 02881**

**SPEAKER'S BIOGRAPHY  
Mary Massery, PT, DPT**



Dr. Massery received her BS in Physical Therapy from Northwestern University in 1977, her DPT from the University of the Pacific in 2004 and she is currently a Doctorate of Science Candidate at Rocky Mountain University. Her publications and interest focuses on linking motor behaviors to breathing and/or postural mechanics for in both pediatric and adult patient populations. Dr. Massery has been invited to give over 600 professional presentations in 46 US states, 8 Canadian provinces, and 9 countries worldwide.

In 2002, Dr. Massery received the American Physical Therapy Association's (APTA) highest clinical award: **The Florence Kendall Practice Award**, honoring one's "outstanding and enduring contributions to the practice of physical therapy". In 2004, Mary was the invited international speaker on cystic fibrosis at the **Royal Society of Medicine** in London, England. In 2005, she was the keynote speaker for the annual **Australian & New Zealand Spinal Cord Injury Conference** in Brisbane, Australia. Mary presented the sole preconference program in 2006 at the **29th Annual European Cystic Fibrosis Conference** in Copenhagen, Denmark, and in 2007, she presented one of the keynote addresses at the annual meeting of the **Irish Society of Chartered Physiotherapists** in Galway, Ireland. Most recently, she was awarded and presented the APTA's honorary 2009 **Linda Crane Memorial Lecture** at the annual APTA CSM meeting in Las Vegas.

Mary teaches in the physical therapy curriculum at several universities, conducts clinical research, consults at numerous Chicago area hospitals, schools and clinics, and conducts year-long pulmonary mentorship programs. She continues to maintain a private practice in Chicago as well, specializing in ventilation and postural dysfunction.

**University of Rhode Island**

**Presents**

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

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

**Instructor**

**Mary Massery, PT, DPT**

**February 17 - February 19, 2012**

**Course Location**

University of Rhode Island Library  
Galanti Lounge  
Kingston, RI

**For Information Contact:**

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207-400-1352  
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## **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 for their patients, regardless of whether their original diagnoses were physiologic or physical. 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.

## **COURSE OBJECTIVES**

***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, constipation, gastroesophageal reflux 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:***

7. Integrate the cardiopulmonary system into a multi-system physical and physiologic evaluation approach to motor dysfunction.
8. Identify numerous different breathing patterns and evaluate their efficiency for use while moving, talking and eating.
9. Evaluate breath support and postural control needs for verbal communication and perform therapeutic techniques to improve respiratory and/or trunk muscle support.
10. Design an airway clearance program targeted to a patient's particular need using the principles of mobilization, expectoration and management.
11. Demonstrate multiple airway clearance techniques and state when each would be applicable for a particular patient.
12. 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.
13. Demonstrate the use of thoracic cage/spine exercises and techniques to enhance rib cage and thoracic spine mobility and/or pulmonary function and state how this could lead to improved physical participation and health.
14. Demonstrate pulmonary therapeutic exercise techniques geared toward modifying inefficient breathing patterns and state when each would be applicable for a particular patient.
15. 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.

## **TARGET AUDIENCE**

This workshop is designed for physical therapists, occupational therapists, speech language pathologists, respiratory therapists and registered nurses.

## **AGENDA**

### **Friday (7.5 Contact Hours)**

- 8:00 - 8:30 Registration, Coffee  
8:30 - 10:30 Breathing and Posture: A Multi-system Event!  
10:30 - 10:45 Break

- 10:45 - 11:30 Continued: Breathing and Posture: A Multisystem Event!  
11:30 - 12:00 Normal and Abnormal Chest Wall Development and Function  
12:00 - 1:00 Lunch  
1:00 - 3:00 What can you do in 90 Seconds or Less that has a Profound and Lasting Effect? Positioning Strategies  
3:00 - 3:15 Break  
3:15 - 5:30 Integrating Systems Effectively: Movement Strategies

### **Saturday (7.5 Contact Hours)**

- 8:30 - 9:30 Finding the Problem: Pulmonary Assessment from a Multi-system Perspective  
9:30 - 10:15 Lab 1: Chest Assessment: - Focus on Breathing Patterns and Musculoskeletal Alignment  
10:15 - 10:30 Break  
10:30 - 12:00 Lab 1: continued  
12:00 - 1:00 Lunch  
1:00 - 1:30 Lab 1: Continued  
1:30 - 2:30 Lab 2: Enhancing Phonation Skills Through Improved Breath Support  
2:30 - 2:45 Break  
2:45 - 3:45 Airway Clearance: From Sherlock to Solution  
3:45 - 4:45 Lab 3: Airway Clearance  
4:45 - 5:30 Patient Demonstration (if possible)

### **Sunday (5.5 Contact Hours)**

- 8:30 - 10:00 Lab 4: Thoracic Complex: Mobility Exercises and Techniques  
10:00 - 10:15 Break  
10:15 - 11:15 Lab 4: continued  
11:15 - 12:15 Lab 5: Facilitating Efficient Breathing Patterns and Building Endurance  
12:15 - 1:00 Lunch  
1:00 - 2:00 Lab 5: continued  
2:00 - 3:00 Lab 6: Group Problem Solving: Putting It All Together

## **ACCOMODATIONS**

Participants requiring overnight stays can contact:

Holiday Inn: South Kingstown  
3009 Tower Hill Road  
South Kingstown, RI 02874  
(401)789-1051

Hampton Inn: South Kingstown  
20 South County Commons Way  
South Kingstown, RI 02879