

סילבוס וקורות חיים – מחזור 2021

**שיקום רב מערכתי:
"אסטרטגיות נשימתיות, קרדיופולמונריות
ו"ציבה - לשיקום ילדים ומבוגרים"**

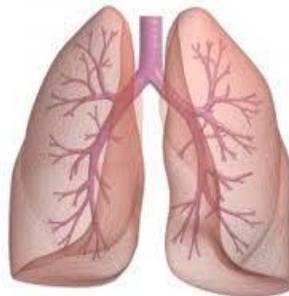
IF YOU CAN'T BREATHE, YOU CAN'T FUNCTION
Integrating Cardiopulmonary and Postural Control Strategies
in Pediatric and Adult Populations

בהנחיית: Dr. Mary Massery - PT, DPT, DSc (USA)

הרשמה
מוקדמת עד
1.5.2020

4 ימים: 10-13 בינואר 2021

ביה"ס לפיזיותרפיה אסף הרופא



**מתאים לכל העוסקים בשיקום נשימתי, נוירולוגי ואורתופדי
– ילדים ומבוגרים**

תכנית הקורס (4 ימים)

* כפוף לשינויים והתאמות

Option 1: Day 1 theory only (7.5 Contact Hours)

Option 2: Days 1 – 4 theory and practice sessions (30.0 Contact Hours)

DAY 1 (7.5 Contact Hours) - Open Enrollment

8:00 - 8:30		Registration
8:30 - 9:00	Discussion	Overview of course topics
9:00 - 10:30	Lecture	Breathing and posture: Part 1 - Pressure control (Soda pop model)
10:30 - 10:45		Break
10:45 - 12:00	Lecture	Breathing ... Part 2 - The diaphragm
12:00 - 1:00		Lunch
1:00 - 2:15	Lecture	Breathing ... Part 3 - The vocal folds
2:15 - 2:25		Break
2:25 - 3:25	Lecture/ Mini-lab	Positioning strategies: What can you do in 90 Seconds or less that has a profound and lasting effect?
3:25 - 3:30		Break
3:30 - 4:15	Lecture	Normal and abnormal chest wall development and function
4:15 - 5:30	Lecture/ Mini-lab	Ventilatory or movement strategies: Integrating neuromuscular, musculoskeletal, respiratory and sensory systems

DAY 2 (7.5 Contact Hours) - Limited Enrollment

8:00 - 8:30		Coffee and ...
8:30 - 9:00	Discussion	Review, synthesis and Q&A
9:00 - 10:15	Lecture/ Demo	Chest assessment: Focus on musculoskeletal alignment and breathing patterns
10:15 - 10:30		Break
10:30 - 12:00	Lab	Assessing breathing patterns and postural implications

12:00 - 1:00		Lunch
1:00 - 1:45	Lecture	Airway clearance: From Sherlock to solution
1:45 - 2:45	Lab	Facilitating efficient breathing patterns and endurance training: Neuromotor techniques for diaphragm, chest and other breathing patterns
2:45 - 2:55		Break
2:55 - 4:25	Lab	Facilitating breathing patterns (continued)
4:25 - 4:30		Break
4:30 - 5:30	Demo	Patient demonstration #1 (if possible)

DAY 3 (7.5 Contact Hours) - Limited Enrollment

8:00 - 8:30		Coffee and ...
8:30 - 9:00	Discussion	Review, synthesis and Q&A
9:00 - 10:30	Lecture/ Discussion	Differential diagnosis (patient demo #1): "Find the Problem"
10:30 - 10:45		Break
10:45 - 12:00	Lab	Airway clearance lab: manual assistive cough techniques
12:00 - 1:00		Lunch
1:00 - 2:00	Demo	Patient demonstration #2 (if possible)
2:00 - 2:10		Break
2:10 - 2:45	Discussion	Recap patient demo #2
2:45 - 4:00	Lab	Enhancing breath support for phonation and postural control
4:00 - 4:05		Break
4:05 - 5:30	Lab	More practice! neuromotor techniques, assistive cough techniques, phonation, postural control

DAY 4 (7.5 Contact Hours) - Limited Enrollment

8:00 - 8:30		Coffee and ...
8:30 - 9:00	Discussion	Review, synthesis and Q&A
9:00 - 10:30	Lecture/ Lab	Quick Screening: Musculoskeletal restrictions of the rib cage and trunk associated with breathing difficulties
10:30 - 10:45		Break
10:45 - 12:00	Lab	Specific tests: Rib cage and soft tissue restrictions
12:00 – 1:00		Lunch
1:00 – 1:45	Lecture	Matthew Case Study: Long term management of spine, posture & breath support
1:45 – 3:00	Lab	Musculoskeletal techniques: restricted rib movement
3:00 – 3:15		Break
3:15 – 5:15	Lab	Musculoskeletal techniques (continued): restricted trunk rotation (spine axial glides)
5:15 – 5:30	Discussion/ Homework	Group problem solving: Putting it all together

SPEAKER'S BIOGRAPHY

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 900 professional presentations in all 50 US states and 18 countries worldwide, 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 major addresses on topics such as cystic fibrosis and posture, neuropulmonary deficits, pectus excavatum (chest deformities), connections between posture & breathing, and PNF (Proprioceptive Neuromuscular Facilitation).

Mary has received national awards from the APTA, including its 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 3 universities. 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.



COURSE 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 speaker will link breathing mechanics with motor and physiologic behaviors (a multi-system perspective). The speaker will present novel research 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 use positioning and ventilatory strategies to optimize motor performance. Neuromotor breathing retraining techniques, manual assistive cough techniques, and musculoskeletal techniques related to breathing, will be the focus of treatment labs. Multiple patient cases will be presented throughout the course, as well as two live patient demonstrations if possible. The emphasis of the course will be on developing practical, quick clinical solutions for pediatric and adult patients in all practice settings.

COURSE OBJECTIVES

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

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. Position patients for optimal physiological and biomechanical support of breathing with simple equipment (towels, pillows, etc.).
5. Contrast normal infant chest wall development to those with impaired breathing mechanics.
6. 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- 4, participants should be able to:

7. Present a multi-system (physical and physiologic) differential diagnosis to determine cause of motor impairments.
8. Identify the variations of "normal" breathing patterns and discuss the efficiencies/inefficiencies for individual patient conditions.
9. Evaluate need for, and demonstrate, appropriate neuromotor retraining techniques for patients with ineffective breathing/postural control strategies (health or participation deficits).
10. Participate in live patient demonstrations (if available) and suggest possible evaluation and treatment ideas based on the course material.

11. Design a targeted airway clearance program using the principles of mobilization, expectoration and oral management.
12. Demonstrate airway clearance techniques, with an emphasis on manual assistive cough techniques, and apply an airway clearance algorithm to specific patient conditions.
13. Identify thoracic cage/spine restrictions as they pertain to breathing mechanics and postural control.
14. Demonstrate musculoskeletal techniques that pertain to rib cage/trunk limitations secondary to breathing impairments.
15. Evaluate need for, and demonstrate, neuromotor retraining techniques to improve breath support for voicing and postural control (eccentrics).
16. Suggest means for incorporating the course material into therapy activities in your clinical setting immediately.

ד"ר מאזרי מאזרי בוגרת לימודי פיזיותרפיה משנת 1977 ובעלת תואר ד"ר לפיזיותרפיה משנת 2004. תחומי המומחיות שלה נוגעים בקשר שבין התנהגויות מוטוריות ונשימה ו/או מכאניקה של יציבה בילדים ומבוגרים כאחד.

עד כה הוזמנה ד"ר מאזרי לתת מעל 700 מצגות מקצועיות בכל רחבי ארה"ב וקנדה וברחבי העולם.

בשנת 2002 זכתה ד"ר מאזרי בפרס היוקרתי ביותר של ארגון הפיזיותרפיה הארצי של ארה"ב: פרס **Florence Kendall Practice Award** המוענק לאנשי מקצוע בעלי תרומה יוצאת דופן למקצוע הפיזיותרפיה. במהלך השנים הרצתה ד"ר מאזרי בכנסים מקצועיים באנגליה, אירלנד, אוסטרליה ועוד. ד"ר מאזרי מלמדת במספר בתי ספר לפיזיותרפיה, מבצעת מחקר קליני ויועצת במספר בתי חולים, קליניקות ובתי ספר ברחבי שיקאגו, ארה"ב. ד"ר מאזרי ממשיכה לנהל קליניקה פרטית שבה היא מתמחה בפיזיותרפיה נשימתית ויציבה.

קורות חיים

Mary Massery, PT, DPT, DSc - CV

Education

- **Doctorate of Science, Advanced Neurology Physical Therapy 2011**
Rocky Mountain University of Health Professions, Provo, UT
- **Doctorate of Physical Therapy (DPT) 2004**
University of the Pacific, Stockton CA
- **Physical Therapy (BS) 1977**
Northwestern University Programs in Physical Therapy, Chicago, IL

Continuing Education

At least 10 contact hours of continuing education classes per year since 1977.

Work Experience

- **Massery Physical Therapy Glenview, IL 1983 - present**
Owner, provides consultations, treatment and educational services in physical therapy, specializing in neuropulmonary dysfunction.
- **Northwestern University Department of Physical Therapy Chicago, IL 1985 - 2000**
Adjunct faculty member: Cardiopulmonary, Neuromuscular and Musculoskeletal Therapeutic Exercise curriculum.
- **North Side Home Health Care, Inc. 1982 - 1983**
Director, Rehabilitation Services, Chicago, IL
- **Martha Washington Hospital 1980 - 1982**
Acting Director, Physical Therapy, Chicago, IL
- **Rehabilitation Institute of Chicago Chicago, IL 1977 - 1980**
Staff, Physical Therapist

Professional Associations

Member APTA #0030486 1977 - present

- Sections: Pediatrics, Neurology, Cardiopulmonary, Women's Health
- Chair: Special interest group - spinal cord injury 1993-1999
- Secretary: Special interest group - spinal cord injury 1991-1993

Member American College of Chest Physicians #193941 2000 - present

License

Illinois Physical Therapy License 1977 - present

Presentations

Over 700 invited presentations on ventilation dysfunction, pediatric medical screening, cystic fibrosis, pectus excavatum, and/or Proprioceptive Neuromuscular Facilitation (PNF) in 48 USA states, 9 Canadian provinces and 10 countries worldwide

Invited faculty member: 10 University PT Programs

Publications

- Published 14 articles, 8 abstracts, and 15 chapters (in 6 text books) on neuropulmonary issues; 1987-current.
- Editor, special issue on Cardiopulmonary concerns in Neurology Report, 1994.

Research

- Northern Illinois University, DeKalb, IL 1996-1999
- Boston University, Boston, MA 1997-1999
- Schwab Rehabilitation Hospital, Chicago, IL 1997-1999
- Rosalind Franklin University, North Chicago, IL 2007 - current
- Co- Investigator with Dr. Paul Hodges PhD, MedDr, DSc, BPhy(Hons), FACP 2010 – current
- University of Queensland, Brisbane, Australia
- Dissertation Study: The role of airway control in postural stability

Grants

Principal consultant, fully funded Esmark educational video. Ventilatory Management Program for the Patient with Quadriplegia. Produced through the Rehabilitation Institute of Chicago, Chicago, IL. 1999.

Principal consultant. Year long mentorship funded through the RR Donnelly Fellowship Fund for the development of a multidisciplinary team approach to respiratory management at the Rehabilitation Institute of Chicago 2000-2001.

Principal consultant. Year long mentorship funded through The Rehab Division of CMH for the development of a multidisciplinary team approach to pediatric respiratory management at Children's Memorial Hospital of Chicago 2001-2002.

Principal consultant. Year long mentorship funded through The Prince Charitable Trusts for the development of a multidisciplinary team approach to pediatric respiratory management at University of Chicago's Children's Hospital of Chicago 2003-2004.

Awards

- **2002 APTA Recipient of The Henry O. and Florance P. Kendall Practice Award** for outstanding and enduring contributions to the practice of physical therapy.
- **2003 Distinguished Alumnus Award:** Northwestern University Department of Physical Therapy and Human Movement Sciences

- **2009 The Linda Crane Memorial Lecture Award:**

National APTA Sections, Excellence in clinical practice. APTA CSM 2009, Las Vegas, NV

הבחירה של אנשי המקצוע

COURSE PARTICIPANTS' COMMENTS

1. As a cardio-respiratory PT with a special interest in chronic lung disease across the lifespan, I found the three courses I attended, presented by Mary, in St. Louis, USA, Melbourne, Australia, & Copenhagen, Denmark to be most inspiring & professionally rewarding. Mary is a brilliant speaker, amuses the audience with the expertise of a standup comedian & has an interactive way of teaching that engages participants every minute of the course. Mary is the most inspirational physical therapist I have encountered in my career & her approach has inspired me to view assessment & integrated treatment in a prioritized, fresh & more holistic way.
 - *Dr Brenda Button, Clinical Associate Professor, physiotherapist with a special interest in patients with chronic lung conditions- Vic (AUS)*
2. What a pleasure to learn from such a gifted clinician. The course reinforces the importance of breathing patterns & their relevance to musculoskeletal presentations in my practice, particularly in cases of chest wall deformities and postural pain. Thank you.
 - *David Wadsworth, Musculoskeletal Physiotherapist - Qld (AUS)*
3. You are an extremely knowledgeable & inspirational presenter & therapist who I could learn from all day! Your approach continues to challenge & change practice for therapists across all disciplines, to become more holistic & innovative for the benefit of all our clients & professions. Everyone should see how three days of learning is made easy and fun by an expert!
 - *Gaela Kilgour, Paediatric Physiotherapist - Christ (NZ)*
4. You are the kind of person that makes me proud to be in health care. You are thoughtful and energetic, innovative & restless, and you have a warm heart that leads your path. And, best of all, I had the opportunity to be a real "student", learning and listening from one who has the gift of teaching.
 - *W.W., MD Adult Pulmonologist - Wilkes-Barre, PA (USA)*
5. Did the course meet my expectations? Yes, and BEYOND! I wanted help with patients that have pulmonary disease. Now I realize I will want to use the principles with all those who have hearts and lungs! And honestly, I can't think of any who don't.
 - *A.R. Physiotherapist - Oklahoma city, OK (USA)*
6. Thank you for a simply AWESOME seminar. We are planning a team seminar to share the highlights of what we learned. Already we are looking at our patients more holistically, asking questions related to breathing style, cough productivity, voice production and target muscles needing to be toned and strengthened. So much to learn from each other! You are a master physical therapist & an inspiring presenter. What a joy to experience your presence.
 - *C.F. Speech & Language Pathologist - Minneapolis, MN (USA)*

מחירים מיוחדים לבוגרי אקטיביקס / לחברי העמותה / בהרשמה מוקדמת - כל הקודם זוכה!