

Coming to Ireland
for the first time
ever!



Presents

I Survived, Now What? Treating The Musculoskeletal Consequences of Maturing with a Chronic Health Condition

Instructor

**Mary Massery, PT, DPT, DSc
and Faculty**

Sept 22-24th 2022 (3 days)

Green Isle Hotel, Dublin, Ireland



Bookings & enquiries to Clara Caplice at masserycourseireland@gmail.com

CPD hours: 21

Open to: Physiotherapists and Occupational Therapists supporting adults, children and/or older adults with long-term health conditions (including Long Covid)

Lunch and refreshments: included, with special discounts for onsite accommodation and free parking

Prerequisites: None. This course is suitable for novice and advanced clinicians

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 rib cage 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 whole lifespan**.

Course Objectives:

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

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

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 1,000 professional presentations in all 50 US states and in 18 countries worldwide, including more than 100 presentations for the American Physical Therapy Association. Mary's research pioneered the concept of managing trunk pressures as a new way to visualize core stabilization. She has delivered keynote and major addresses on topics such as cystic fibrosis and posture, 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 Itinerary:

Thursday (8.0 Contact Hours)

Focus: Breathing mechanics and mid-trunk assessment of alignment and function

7:30 - 8:00		Registration
8:00 - 8:30	Discussion	Overview of course topics
8:30 - 9:45	Lecture	Adverse postural development related to maturing around a chronic health condition
9:45 - 10:00		Break
10:00 - 11:30	Lecture/Lab	Breathing: I don't have a clue how to evaluate breathing...Well, now you will! (musculoskeletal support for posture and respiration)
11:30 - 12:30		Lunch
12:30 - 1:30	Lab	Core muscles: Assessing mid trunk control: diaphragm, intercostals & abdominals
1:30 - 2:45	Lecture/Lab	Assessing breathing patterns and postural relationships
2:45 - 3:00		Break
3:00 - 3:45	Lab	Breathing Measurements, wrap up
3:45 - 5:30	Lab	Rib cage, shoulders, trunk, pelvis: musculoskeletal assessment and interventions: Screening functional trunk mobility in stance: ribs, spine, shoulders

Friday (8.0 Contact Hours)

Focus: The rib cage: assessment and treatment of consequential problems

7:30 – 8:00		Coffee and ...
8:00 – 8:30	Discussion	Review, synthesis and Q&A
8:30 – 9:00	Lecture	Matthew Case Study: Long term management of spine, posture & breath support
9:00 – 10:00	Lab	Detailed trunk mobility screening in side lying
10:00 - 10:15		Break
10:15 - 12:00	Lab	Rib mobilizations & soft tissue techniques
12:00 - 1:00		Lunch
1:00 - 1:45	Lecture	Trent Case Study: Scars and restricted fascia
1:45 - 3:00	Lab	Quadratus lumborum & other manual techniques
3:00 - 3:15		Break
3:15 - 4:30	Lab	Trunk/postural control: Therapeutic exercises
4:30 - 5:30	Demo	Patient demonstration (if available)

Saturday (5.0 Contact Hours)

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

7:30 – 8:00		Coffee and ...
8:00 – 8:30	Discussion	Review, synthesis, and Q&A
8:30 - 9:45	Lecture	The Spine
9:45 – 10:00		Break
10:00 – 11:30	Lab	Thoracic spine mobilizations
11:30 – 12:15		Lunch
12:15 – 1:30	Lab	Thoracic spine mobilizations & dynamic neuromotor re-education techniques
1:30 – 2:00	Lecture	Kristy Case Study: Long term consequences of survival and course wrap up

Course Fees:

Get your Early Bird Discount on or before May 31st, 2022

Individual: €590

Groups of 3-7: €570 per person

Group of 8-16 therapists: only €520 per person*

Fee on or after June 1st, 2022:

Individual: €650

Groups of 3 or more: €600 per person

Groups of 8 or more: €570 per person

*only 16 places available at this price