

# MASSERY ADVANCED PULMONARY COURSE

3-Day Pediatric & Adult Lab Course  
20.5 Contact Hours

**February 24 – 26, 2017**

## Instructor:

Mary Massery, PT, DPT, DSc

## Level:

Advanced

## Pre-requisite:

"If You Can't Breathe,  
You Can't Function"

## Target Audience:

Physical Therapists &  
Occupational Therapists

## Continuing Education Credits:

Pathways.org will offer continuing education credits (CECs) for Physical and Occupational therapists through the Illinois Department of Professional Regulation.

## Cost:

\$750.00

*Limit of 20 participants*



**Register online at:**

<https://pathways.org/events/massery-advanced-pulmonary-course/>



## 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 800 professional presentations in 49 US states, 9 Canadian provinces, and 15 countries worldwide, including more than 100 presentations for the American Physical Therapy Association. Mary has delivered keynote and major addresses on topics such as cystic fibrosis and posture, neuropulmonary deficits, pectus excavatum (chest deformities), and connections between posture & breathing. Recently, she presented a full day post-conference program at the World Congress of Physical Therapy in Singapore.

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," and the honorary Linda Crane Memorial Lecture. She has also been honored as Outstanding Alumnus of the Year by each of her 3 alma maters. Most recently, she was awarded Northwestern University's Alumnae Research Achievement Award. Mary continues to maintain a private practice in Chicago, specializing in breathing and postural dysfunction.



## Pre-Course Assignments:

Participants will receive more information about their pre-course assignments after registering online and paying the course fee.



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You Can't Function



Mary Massery, PT, DPT, DSc

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## Register Online:

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# COURSE DESCRIPTION

Following the framework established in the introductory pulmonary course, the Advanced Course will focus on applying evidence based concepts of multi-system integration to clinical situations with a special focus on the role of the cardiopulmonary system in the patient's rehabilitation program. Prior to the course, small groups of participants will be asked to do evaluations with patients who consent to be part of this learning experience, and they will present these cases to the group for feedback and discussions. Following the presentations, the group will do joint treatment sessions to assess whether the proposed intervention strategies were effective when applied to the patient as is, or whether they needed adjustments in planning or execution. The course will be interspersed with labs to refine handling techniques that were introduced in the basic course as well as labs working on the process of integrating the material into everyday clinical practice. The class is dynamic and interactive and will require the active participation of all clinicians. PT and OT therapists are encouraged to work in multi-disciplined groups to look at breathing from both disciplines' perspectives.

# OBJECTIVES

## At the conclusion of the course, participants should:

1. Demonstrate improved differential diagnostic skills that appropriately identify the limiting factor to motor performance by demonstrating a logical, systematic evaluation process including identification of motor impairments from multiple systems of impairment (neuromuscular, musculoskeletal, integumentary, cardiovascular/pulmonary, and internal organs).

2. Demonstrate improved direct hands-on skills during patient sessions that allow for the instructor's immediate verbal and manual feedback as well as the patient's feedback.

3. Demonstrate refined handling skills related to musculoskeletal mobilization of the thoracic spine and thoracic cage as well as other manual skills as determined by the consensus of the group during the initial planning session.

4. Synthesize course material in small groups, by applying course concepts into specific clinical cases.

**This course content is not intended for use by any participants outside the scope of their license or regulation.**

# AGENDA

## Friday (7.5 Contact Hours)

- 8:00 - 8:30** Registration
- 8:30 - 9:30** Review of prior course material. Setting priorities for the group with patient sessions and lab sessions. Consensus driven planning.
- Priority for lab content will be determined by the group, but each Advanced course will include lab time on handling skills in the area of neuro-motor retraining for breathing/trunk control, airway clearance techniques, musculoskeletal interventions for breathing mechanics and related consequences such as the shoulders and spine dysfunction, as well as incorporation of concepts into functional tasks such as eating, talking, reaching, walking, sleeping, etc.*
- 9:30 - 10:30** Small Group Presentation: Patient Case #1
- 10:30 - 10:45** Break
- 10:45 - 12:15** Patient Case #1: Treatment session
- 12:15 - 1:15** Lunch
- 1:15 - 3:00** Lab Session 1: Content determined by morning consensus session
- 3:00 - 3:15** Break
- 3:15 - 5:30** Lab Session 2: Content determined by morning consensus session

## Saturday (7.5 Contact Hours)

- 8:00 - 8:30** Registration
- 8:30 - 9:00** Review of patient session from Day 1. Setting priorities for today's lab sessions
- 9:00 - 10:30** Small Group Presentation: Patient Case #2
- 10:30 - 10:45** Break
- 10:45 - 12:15** Patient Case #2: Treatment session
- 12:15 - 1:15** Lunch
- 1:15 - 3:00** Lab Session 3: Content determined by morning consensus session
- 3:00 - 3:15** Break
- 3:15 - 5:30** Lab Session 4: Content determined by morning consensus session

## Sunday (5.5 Contact Hours)

- 8:00 - 8:30** Registration
- 8:30 - 9:00** Review of patient session from Day 2. Setting priorities for today's lab sessions
- 9:00 - 10:00** Small Group Presentation: Patient Case #3
- 10:30 - 10:45** Break
- 10:15 - 12:15** Patient Case #3: Treatment session
- 12:15 - 1:00** Lunch
- Small Group Problem Solving Session:
- 1:00 - 2:45** How can you integrate the material into your clinical practice? What changes might you suggest? Present ideas back to the whole group.
- 2:45 - 3:00** Summary and Wrap Up: Goals for next week, month, and year