

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, RT, SLP

Early Bird Registration (on or before 08/27/2010)

- Day 1 \$240 / **\$215 CPA Member**
- Days 1-3 \$720 / **\$645 CPA member**
- NEW GRAD PTs** – 3 days, \$325 – limited spots available for CPA Member PT grads from 2010 or 2009. You will be contacted if reduced fee spaces are full.

Regular Registration (after 8/27/2010):

- Day 1 \$270 / **\$245 CPA Members**
 - Days 1-3 \$810 / **\$735 CPA Members**
- Registration fee includes course syllabus &, refreshment breaks and lunch.*

Name: _____

Profession: _____

Address: _____

Phone: (W) _____ (H) _____

Email: _____

Payment Method:

- Cheque**, payable to Nova Scotia Physiotherapy Association
- Paypal** – Visa/MC payments may be made using PayPal at <http://www.physiotherapyns.ca> – Navigate to Careers & Classifieds, then Online Payments.

Registration Policy

- **Registration Cut-off Sept. 17, 2010**
- 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 cheque to Nova Scotia Physiotherapy Association, P.O. Box 31053 Halifax, NS B3K 5T9. If paying on-line with PayPal, e-mail your registration details to cjames@physiotherapyns.ca

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 student at Rocky Mountain University, in Provo, Utah. Mary has published her work in numerous journals and textbooks on topics relating to ventilation and postural impairments in children and adult populations. Dr. Massery has been invited to give over 600 professional presentations in 46 US states, 7 Canadian provinces, and 9 countries worldwide.

In addition, Mary:

- Teaches in the physical therapy curriculum at several universities
- Conducts clinical research
- Consults at numerous Chicago area hospitals, schools and clinics
- Conducts year-long pulmonary mentorship programs in Chicago hospitals

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 2005, Dr. Massery was the keynote speaker for the annual **Australian & New Zealand Spinal Cord Injury Conference** in Brisbane, Australia. Mary presented the sole pre-conference 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. Mary presented the Honorary **Linda Crane Memorial Lecture at the APTA's CSM** meeting in Las Vegas in 2009.

Dr. Massery continues to maintain a private practice in Chicago specializing in ventilation and postural dysfunction.



Nova Scotia
Physiotherapy
Association

**Nova Scotia Physiotherapy
Association**

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

**Camp Hill Veterans' Memorial Hospital
5935 Veterans' Memorial Lane, Rm 1613A
Halifax, Nova Scotia
October 1-3, 2010
(20.5 Contact Hours)**

Inquiries: Christine James, Executive Director, NSPA:
cjames@physiotherapyns.ca or 902-405-6772

COURSE OBJECTIVES

At the conclusion of Day I, 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. 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.
3. 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.
4. Optimize patient function by integrating appropriate ventilatory strategies with all movements from low level activities to athletic endeavors.
5. Apply theoretical concepts to multiple clinical cases.

At the conclusion of Day II and III, participants should be able to:

1. Integrate the cardiopulmonary system into a multi-system physical and physiologic evaluation approach to motor dysfunction.
2. Identify numerous different breathing patterns and evaluate their efficiency for use while moving, talking and eating.
3. Evaluate breath support and postural control needs for verbal communication and perform therapeutic techniques to improve respiratory and/or trunk muscle support.
4. Design an airway clearance program targeted to a patient's particular need using the principles of mobilization, expectoration and management.
5. Demonstrate multiple airway clearance techniques and state when each would be applicable for a particular patient.
6. 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.

7. 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.

8. Demonstrate pulmonary therapeutic exercise techniques geared toward modifying inefficient breathing patterns and state when each would be applicable for a particular patient.

9. 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.

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. Every muscle of the trunk plays a dual role in postural control and respiration. 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.

TARGET AUDIENCE

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

"Excellent problem solving and strategies to facilitate pulmonary, neuromuscular and musculoskeletal activity and function. The speaker made the subject come alive."

M.P. PT

London, ONT Canada

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 Multi-system 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