

# LINKED: BREATHING & POSTURAL CONTROL, PART 1

**JUNE 7-8, 2024**

DAY 1: 8:30AM - 1:30PM, CST  
DAY 2: 8:30AM - 12:15PM, CST



**MARY MASSERY, PT, DPT, DSC**



## **AUDIENCE:**

PT'S, OTS, SLPS



## **8 HRS CONTINUING EDUCATION CREDITS:**

PT, OT AND SLP CEUS AVAILABLE FOR TEXAS  
(TPTA, TOTA, TSHA)

PLEASE CHECK WITH YOUR STATE BOARD TO SEE IF  
TEXAS CEUS ARE ACCEPTED IN YOUR STATE!



## **COURSE DESCRIPTION:**

THIS COURSE, DEVELOPED BY MARY MASSERY, PROPOSES A NEW DEFINITION OF "CORE STABILITY;" REDEFINING IT AS THE DYNAMIC CONTROL OF TRUNK PRESSURES TO OPTIMIZE POSTURAL STABILITY (BALANCE). DR. MASSERY'S NOVEL "SODA POP CAN MODEL" LINKS BREATHING MECHANICS (INCLUDING THE VOCAL FOLDS), TO POSTURAL CONTROL USING MULTI-SYSTEM INTERACTIONS. PART-1 LAYS FOUNDATIONAL INFORMATION AND PRESENTS NUMEROUS QUICK INTERVENTIONS UTILIZING POSITIONING AND VENTILATORY STRATEGIES. CLINICAL CASES WILL BE USED THROUGHOUT THE DAY TO ILLUSTRATE CONCEPTS. THE COURSE IS APPLICABLE FOR ANY PEDIATRIC OR ADULT PATIENT (OR THERAPIST) WHO BREATHES!



**KNOWLEDGE IS NOW**  
Learn Grow Empower



## **COURSE SCHEDULE**

### **CENTRAL STANDARD TIME**

#### **FRIDAY (4.5 CONTACT HOURS)**

**8:15 – 8:30AM** ZOOM WAITING ROOM OPENS

**8:30AM** CLASS STARTS

**8:30 – 8:50** DISCUSSION OVERVIEW OF COURSE TOPICS & LOGISTICS

**8:50 - 10:00** LECTURE BREATHING AND POSTURE: PRESSURE CONTROL (SODA POP MODEL)

**10:00 - 10:10** BREAK

**10:10 – 12:20** LAB POSITIONING STRATEGIES: WHAT CAN YOU DO IN 90 SECONDS OR LESS THAT HAS A PROFOUND AND LASTING EFFECT?

**12:20 – 12:30** BREAK

**12:30 - 1:15** LECTURE BREATHING AND POSTURE: THE DIAPHRAGM'S MANY ROLES

**1:15 - 1:20** DISCUSSION WRAP UP, HOMEWORK, Q&A

**1:20 PM** CLASS ENDS; INSTRUCTOR WILL STAY AFTER CLASS TO ANSWER QUESTIONS

#### **SATURDAY (3.5 CONTACT HOURS)**

**8:15 – 8:30AM** ZOOM WINDOW OPENS

**8:30** CLASS STARTS

**8:30 – 8:50** DISCUSSION CLASS STARTS: RECAP, PEARLS, SLEEP HOMEWORK, Q&A

**8:50 – 10:20** LECTURE BREATHING AND POSTURE: THE INTERNAL ORGANS. THE VOCAL FOLDS.

**10:20 – 10:35** BREAK

**10:35 – 12:10** LAB VENTILATORY / MOVEMENT STRATEGIES: INTEGRATING NEUROMUSCULAR, MUSCULOSKELETAL, RESPIRATORY, AND SENSORY SYSTEMS. PROBLEM SOLVING SESSION

**12:10 – 12:15** DISCUSSION SUMMARY, NEXT WEEK'S HOMEWORK, FURTHER STUDIES, MORE Q&A

**12:15 PM** CLASS ENDS; INSTRUCTOR WILL STAY AFTER CLASS TO ANSWER QUESTIONS

**TO REGISTER, CLICK [HERE](#) OR SCAN THE QR CODE.**

**EARLY BIRD: \$225 (ENDS MARCH 1, 2024)**  
**AFTER MARCH 1ST: \$245**



**QUESTIONS? CONTACT:** 

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