

LINKED: Breathing & Postural Control, Part 1

A Pediatric and Adult Course

Formerly known as IF YOU CAN'T BREATHE, YOU CAN'T FUNCTION

Friday, August 16, 2024 10 River Park Plaza, St. Paul, MN



Dr. Mary Massery PT, DPT, DSc



THEORY AND LABS





IN-PERSON FORMAT

One day, 7:30 a.m. to 5:00 p.m.



COST: \$249

Register by August 9, 2024



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.



TO REGISTER

For additional workshop information, please visit:

www.capernaumpeds.com



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