

Mary Massery's
I SURVIVED, NOW WHAT?
TREATING THE MUSCULOSKELETAL CONSEQUENCES
OF MATURING WITH A CHRONIC HEALTH CONDITION

Instructor

Mary Massery, PT, DPT, DSc

or Faculty

Nechama Karman, PT, MS, PCS

Sponsored by

Group

City, State

Date

(21.0 Contact Hours)

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 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.

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.

Day-1 (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 - 1:15	Lecture	Matthew Case Study: Long term management of spine, posture & breath support
1:15 - 2:45	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

Day-2 (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 - 10:00	Lab	Detailed trunk mobility screening in sidelying
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)

Day-3 (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

SPEAKER BIOGRAPHY

Mary Massery, PT, DPT, DSc

Dr. Massery received her BS in PT 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. Her research pioneered the concept of managing trunk pressures as a new way to visualize core stabilization.

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 and was awarded Northwestern University’s Alumnae Research Achievement Award. Mary continues to maintain a private practice in Chicago, specializing in breathing and postural dysfunction.



SPEAKER BIOGRAPHY

Nechama Karman, PT, MS, PCS

Nechama Karman received her MSPT from Columbia University in 1994, her Advanced MS in orthopedic PT from Touro College in 1998, and has completed her Health Sciences PhD coursework at Seton Hall University. Nechama is an APTA board-certified pediatric clinical specialist and the chief clinical educator at Mobility Research for LiteGait nationally and internationally. In addition, Nechama owns a private practice in NYC focusing on complex neurological conditions and complex pelvic conditions.

Nechama has completed two invited Massery faculty apprenticeships.

In 2016, she became Mary’s first certified faculty member for the “Breathing” course! And in 2019, she was the first certified faculty for Mary’s “I Survived” musculoskeletal course. Two huge accomplishments! In addition, she co-authored a new one-day course with Mary: “Braking Bad: Eccentric Control from Talking to Walking.”



One of Nechama’s proudest “Mary Massery” moments occurred when she treated a man suffering from prostatectomy-related incontinence using Mary’s approach. She taught him to transfer without incontinence for the first time in 9 months - all in under 15 minutes! She is passionate about helping other therapists learn these important concepts.

Speaker disclosure statement: The speaker is paid an honorarium for this presentation.