



ZEN PHYSIO INC

PRESENTS

LINKED: BREATHING & POSTURAL
CONTROL, PART 1 & 2
A PEDIATRIC AND ADULT COURSE

FORMERLY KNOWN AS
“IF YOU CAN’T BREATHE, YOU CAN’T
FUNCTION”

MARY MASSERY
PT, DPT, DSc



LINKED Part-1 ONLINE

8 Contact Hours • 2 Half Days • Flexible Dates

✓ Attend from anywhere – choose your preferred session!

Available Dates:

 2025:

Sept 19th & 20th
Dec 5th & 6th

 2026:


March 13th & 14th
May 1st & 2nd


 Live engaging, interactive online format.


LINKED PART-2 IN-PERSON

13 Contact Hours • 2 Full Days (Sat & Sun)

*(Successful completion of LINKED – Part 1 is a pre-requisite for
attending LINKED – Part 2.)*

 Sept 26 & 27, 2026

 Oakville, ON, Canada

 Hands-on learning, real-time practice, and direct instructor
feedback.

COURSE DETAILS

For additional information, please visit
www.zenphysio.ca





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Course Description:

LINKED Part-1, developed by Dr. 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 to postural control using multi-system interactions. In **Part-1**, foundational information and quick interventions will be the focus (positioning and ventilatory strategies). The course is applicable for any pediatric or adult patient (or therapist) who breathes!

LINKED Part-2 builds upon the foundational information presented in "**LINKED Part-1**." In **Part-2**, the focus shifts to learning hands-on techniques for assessing "normal" breathing patterns, learning neuromotor breathing retraining techniques and manual airway clearance techniques (assistive coughs). Multiple clinical cases will be used to cement the concepts, as will a live patient demonstration (if available)

Why Attend Both?

- ✓ Maximize your learning with the full LINKED experience
- ✓ Successfully complete and combine the theory from LINKED Part-1 with practical skills from LINKED Part-2
- ✓ Network with peers and experts in your field

\$ Reserve Your Spot!

Secure your spot today with a \$50 non-refundable booking deposit

 Spaces are limited – don't miss out!

For additional information, please visit

www.zenphysio.ca

REGISTER NOW

OR

RESERVE A SPOT

