LINKED: Breathing & Postural Control, Part-1

(First 8-hours of Mary Massery's 21-hour "LINKED" course)

Instructor: Mary Massery, PT, DPT, DSc
Sponsors: MasseryPT LLC
Date: March 13-14, 2026 (Friday-Saturday)
Contact Hours: 8.0 educational contact hours
Format: **Live interactive online course (via Zoom)**

- **Friday: 4.5 contact hours**
  - Class starts: 9:30 am EASTERN TIME (8:30 am CT / 7:30 am MT / 6:30 am PT)
  - Class ends: 2:20 pm EASTERN TIME (1:20 pm CT / 12:20 pm MT / 11:20 am PT)
  - **Instructor will stay after class for 30 mins to answer additional questions.**
- **Saturday: 3.5 contact hours**
  - Class starts: 9:30 am EASTERN TIME (8:30 am CT / 7:30 am MT / 6:30 am PT)
  - Class ends: 1:15 pm EASTERN TIME (12:15 pm CT / 11:15 am MT / 10:15 am PT)
  - **Instructor will stay after class for 30 mins to answer additional questions.**

Registration Link: https://www.eventbrite.com/e/linked-breathing-and-postural-control-part-1-8-hours-on-two-half-days-registration-1704359036759

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!

Participants are encouraged to follow up later with "LINKED Part-2," a two-day in-person lab course, assessing "normal" breathing patterns, learning neuromotor breathing retraining techniques, and learning manual assistive cough techniques.

COURSE OBJECTIVES

1. Describe how trunk pressures link breathing and postural control using the Soda Pop Can Model.
2. Describe the multiple, simultaneous roles of the diaphragm as related to breathing, postural control, gastroesophageal reflux, constipation, and venous return.
3. Demonstrate the role of the vocal folds in normal postural stability responses (balance) and make the case for using speaking valves for patients with tracheostomies.
4. Position patients for optimal physiological and biomechanical support of breathing with simple equipment (towels, pillows, etc.).
5. Use a ventilatory strategy algorithm presented in class to optimally match breathing with movements from bed mobility to athletic endeavors.
6. Apply concepts to a wide variety of patient populations from infancy to geriatrics.

Friday (4.5 Contact Hours)

EASTERN TIME ZONE	TYPE	TITLE
9:15 – 9:30		Zoom waiting room opens
9:30 am	CLASS STARTS	
9:30 – 9:50	Discussion	Class starts: Overview of course topics & logistics
9:50 - 11:10	Lecture	Breathing and posture: Pressure control (Soda pop model)
11:10 - 11:20		Break
11:20 – 1:15	Lab	Positioning strategies: What can you do in 90 Seconds or less that has a profound and lasting effect?
1:15 – 1:25		Break
1:25 - 2:15	Lecture	Breathing and posture: The diaphragm's many roles
2:15 - 2:20	Discussion	Wrap up, homework, Q&A
2:20 pm	CLASS ENDS	Instructor will stay after class to answer questions

Saturday (3.5 Contact Hours)

EASTERN TIME ZONE	TYPE	TITLE
9:15 – 9:30		Zoom window opens
9:30 am	CLASS STARTS	
9:30 – 9:50	Discussion	Class starts: Recap, Pearls, sleep homework, Q&A
9:50 – 11:15	Lecture	Breathing and posture: The internal organs. The vocal folds.
11:15 – 11:30		Break
11:30 – 1:05	Lab	Ventilatory / movement strategies: Integrating neuromuscular, musculoskeletal, respiratory, and sensory systems. Problem solving session
1:05 – 1:15	Discussion	Summary, next week's homework, further studies, more Q&A
1:15 pm	CLASS ENDS	Instructor will stay after class to answer questions

SPEAKER'S BIOGRAPHY

Mary Massery, PT, DPT, DSc

Dr. Massery received her BS in Physical Therapy 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, including more than 100 presentations for the American Physical Therapy Association. Mary's research pioneered the concept of managing trunk pressures as a new way to visualize core stabilization. She has delivered keynote and major addresses on topics such as cystic fibrosis and posture, pectus excavatum (chest deformities), connections between posture & breathing, and PNF (proprioceptive neuromuscular facilitation).

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

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Course Tuition: $270 USD

Physical Therapist CEUs:

Per Illinois Physical Therapy Association: "The Illinois Chapter Continuing Education Committee has certified that this course meets the criteria for approval of Continuing Education offerings established by The Illinois Physical Therapy Association. The course content is not intended for use by any participants outside the scope of their license or regulation."