

TITLE: “When Reflux Comes Up, EVERYTHING is Affected”

FORMAT: LIVE INTERACTIVE WEBINAR (Zoom)

SPEAKERS: Mary Massery, PT, DPT, DSc and
Margie Mizera, PT, DPT, PCS

DATE: Monday, November 16th, 2026
Class starts: 6:30 pm ET/ 5:30 pm CT/4:30 pm MT/3:30 pm PT
Class ends: 9:00 pm ET/8:00 pm CT/7:00 pm MT/6:00 pm PT

AUDIENCE: PT, OT, & other clinicians working with patients with GERD
(gastroesophageal reflux disease). The focus is on the pediatric population.

INSTRUCTIONAL LEVEL: intermediate level

SPONSOR: MasseryPT LLC, Glenview, IL

EASTERN TIME	Instructor & Topic
6:30 – 8:00 pm ET	Mary Massery PT – Focus on anatomy & relationships of internal organs, trunk pressures, and the physiology of breathing. How does that relate to reflux and posture?
8:00 – 9:00 pm ET	Margie Mizera PT– Focus on clinical symptoms of reflux from infancy to adulthood, proposing clinical assessments/treatments to minimize adverse consequences

Price: \$95 USD per person

Registration via Eventbrite:

<https://www.eventbrite.com/e/when-reflux-comes-up-everything-is-affected-registration-1985407853335>

COURSE DESCRIPTION:

What causes reflux? Is it really such a big deal? Can it be related to my patients’ motor/postural deficits? The speakers will address these questions and more during a live webinar on gastroesophageal reflux disease (GERD). The speakers will explore numerous biomechanical and medical causes of GERD, establishing the connections between the gastrointestinal (GI) system, the diaphragm, postural stability, and the body’s physical response to the noxious stimulus of reflux. Pediatric clinical symptoms of GERD are presented and explained, such as atypical posturing, feeding difficulties, respiratory problems, chronic constipation, torticollis, balance impairments, toe-walking and long-term postural abnormalities. The speakers make a compelling argument that screening patients’ internal organs for their role in health and mobility conditions should be routine for all pediatric therapists. Therapy interventions for the neonate to the young adult will be suggested, and some will be demonstrated, but a short virtual course like this does not allow for handling labs.

COURSE OBJECTIVES:

Upon completion of this course participants will be able to:

1. Describe the anatomy/physiology of gastroesophageal reflux disease and its medical and physical causes and consequences.
2. Describe the impact of pressure in the abdominal and thoracic cavities on the five major roles of the diaphragm (breathing, reflux management, gastrointestinal motility, postural control, and venous return) and describe how the diaphragm functions as an integral part of the gastric junction which mitigates reflux.
3. Identify clinical symptoms of reflux in our patients from infancy to adulthood and describe secondary complications /consequences of untreated GERD.
4. Identify tools for therapists doing clinical assessment of GERD and suggest clinical interventions to minimize its adverse effects on pediatric populations.

SPEAKERS BIOGRAPHIES:

Mary Massery, PT, DPT, DSc

- Dr. Massery has been a practicing physical therapist for 40+ years. Her doctoral research pioneered the concept of managing trunk pressures as a new way to visualize core stabilization. She has presented 1,000+ lectures and courses linking motor behaviors to breathing and postural mechanics in all 50 US states and in 18 countries.
- Dr. Massery has received the American Physical Therapy Association's highest clinical award, *The Florence Kendall Practice Award*, for "outstanding and enduring contributions to the practice of physical therapy," and she was named *Outstanding Alumnus of the Year* by each of her three universities. She continues to maintain a private practice in Chicago, specializing in breathing and postural dysfunction.



Margie Gutrich Mizera, PT, DPT, PCS

- Dr. Mizera received her B.S. in Physical Therapy from University of Illinois in 1978, and her DPT from Governors State University in 2019. She was Co-Director of a private pediatric practice for 27 years, and has worked in hospitals, schools and in Early Intervention (EI). She is recently retired from La Rabida Children's Hospital in Chicago. Margie has advanced training in NDT, manual therapy, and myofascial release.
- Her studies centered around treatment of the infant/young child, emphasizing routines-based handling in the treatment of torticollis and reflux. Dr. Mizera was a founding member of the APTA Pediatric Task Force on Reflux, which developed clinical practice guidelines for pediatric PTs.



DISCLAIMERS:

- Mary Massery's company MasseryPT LLC is sponsoring this presentation.
- Margie Mizera is paid an honorarium for this presentation.

CEU CREDIT:

PT CEU and EI credit has been applied for in Illinois.
AOTA and ASHA credit not applied for.

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