

LINKED: Breathing and Postural Control-Part 2

Mary Massery Pediatric and Adult course

Coming to Medstar Georgetown February 20-21

Instructor: Nechama Karman

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 “soda pop can model” links breathing mechanics to postural control through multi-system interactions. The course also presents novel research demonstrating the role of the vocal folds as postural stabilizers, extending the concept of “core stability” from the vocal folds at the top of the trunk to the pelvic floor at the bottom.

In Part 1, the focus is on foundational concepts and quick interventions, including positioning and ventilatory strategies. In Part 2, the focus shifts to assessing “normal” breathing patterns, neuromotor breathing retraining techniques, and manual assistive cough techniques during hands-on labs. Multiple clinical cases will be used to reinforce concepts. This course is applicable for any pediatric or adult patient (or therapist) who breathes.

For registration please email: **Laura.Ruiz@gunet.georgetown.edu**

REQUIRED: You must complete LINKED – Part 1 webinar or course before attending LINKED – Part 2 course



It's how we treat people.



MedStar Health