

**CLASSIC REHAB AND THE NEW JERSEY CENTER FOR AUTISM  
PROUDLY ANNOUNCE THE FOLLOWING WORKSHOP:  
CONNECTIONS: BREATHING AND POSTURAL CONTROL**

**DATE:** APRIL 24, 2012

**TIME:** 9:00-5:00

**LOCATION:**

THE LAKEWOOD  
*Courtyard*

LAKWOOD, NJ

**This course** will challenge the practitioner to make a paradigm shift; acknowledging the importance of the cardiopulmonary system as an integral component of postural control. The speaker will present a model of postural control (Soda Pop Can Model) that demonstrates how breathing mechanics are linked to motor and physiologic behaviors. This is the cornerstone for the speaker's multi-system clinical approach to the evaluation and treatment of trunk and/or respiratory impairments. The speaker will finish the day by presenting how to use this information clinically to develop positioning and ventilatory strategies that establish the pulmonary system as an asset rather than a liability for patients, regardless of whether their original diagnoses were physiologic or physical. This presentation will focus on young children, 0-6 years old, who have multiple physical and physiologic complications such as chronic lung diseases, cerebral palsy, developmental delays, congenital anomalies, GI dysfunction, congenital heart defects, etc.

## COURSE OBJECTIVES

**At the conclusion of the course, participants should be able to:**

- 1.** Use the Soda Pop Can Model to describe how the mechanics of breathing and postural control are inter-active and inter-dependent components of normal movement strategies and normal skill acquisition strategies.
- 2.** Describe the multiple, simultaneous roles of the diaphragm as related to breathing, postural control, gastroesophageal reflux, constipation and venous return.
- 3.** Describe how the cardiovascular-pulmonary, neuromuscular, musculoskeletal, integument-fascial, and internal organ systems interact to simultaneously support the physiology and the physical functions of the trunk which are necessary to upright postural control (sitting, standing, walking).
- 4.** Contrast normal musculoskeletal development of the chest to that observed in babies and young children with impaired trunk function from multiple different diagnostic categories (i.e. cystic fibrosis, cerebral palsy, scoliosis, upper extremity dysfunction, etc.)
- 5.** Position babies and children for optimal cardiopulmonary function (physiological and biomechanical) with simple equipment such as towel rolls and pillows in recumbent and upright positions for use in and out of hospital settings.
- 6.** Optimize the child's motor function by integrating appropriate ventilatory strategies with all movements from low level activities such as rolling over to high level skills such as running.
- 7.** Apply theoretical concepts to multiple clinical cases throughout the day.

## THE PRESENTER: MARY MASSERY, PT, DPT

**Dr. Massery** received her BS in Physical Therapy from Northwestern University in 1977, her DPT from the University of the Pacific in 2004 and she is currently a Doctorate of Science Candidate at Rocky Mountain University. Her publications and interest focuses on linking motor behaviors to breathing and/or postural mechanics for in both pediatric and adult patient populations. Dr. Massery has been invited to give over 600 professional presentations in 46 US states, 7 Canadian provinces, and 9 countries worldwide.

In addition, Mary teaches in the physical therapy curriculum at several universities, conducts clinical research, consults at numerous Chicago area hospitals, schools and clinics, and conducts year-long pulmonary mentorship programs.

In 2002, Dr. Massery received the American Physical Therapy Association's (APTA) highest clinical award: *The Florence Kendall*

*Practice Award*, honoring one's "outstanding and enduring contributions to the practice of physical therapy". In 2004, Mary was the invited international speaker on cystic fibrosis at the *Royal Society of Medicine* in London, England. In 2005, she was the keynote speaker for the annual *Australian & New Zealand Spinal Cord Injury Conference* in Brisbane, Australia. Mary presented the sole pre-conference program in 2006 at the *29th Annual European Cystic Fibrosis Conference* in Copenhagen, Denmark, and in 2007, she presented one of the keynote addresses at the annual meeting of the *Irish Society of Chartered Physiotherapists* in Galway, Ireland. Most recently, she was awarded and presented the APTA's honorary 2009 *Linda Crane Memorial Lecture*.

She continues to maintain a private practice in Chicago specializing in ventilation and postural dysfunction.

## SCHEDULE

<b>8:30-9:00</b>	<b>Registration</b>	<b>2:45-3:00</b>	<b>Break</b>
<b>9:00-10:30</b>	<b>LECTURE: Respiration and Posture: A Multi-System Event!</b>	<b>3:00-4:15</b>	<b>LECTURE/MINI-LAB: Movement Strategies: Effectively Integrating the Respiratory, Neuromuscular, Musculoskeletal, and Sensory Systems</b>
<b>10:30-10:45</b>	<b>Break</b>		
<b>10:45-12:15</b>	<b>CONTINUED: Respiration and Posture: A Multi-System Event!</b>	<b>4:15-4:45</b>	<b>CASE STUDY: NICU graduate with multiple diagnoses and complications. Looking at the long haul.</b>
<b>12:15-1:00</b>	<b>Lunch</b>		
<b>1:00-1:30</b>	<b>LECTURE: Normal and Abnormal Chest Wall Development and Function</b>	<b>4:45-5:00</b>	<b>Questions and Answers</b>
<b>1:30-2:45</b>	<b>LECTURE/MINI-LAB: Positioning Strategies: What Can You Do in 90 Seconds or Less that has a Profound and Lasting Effect?</b>		

### REGISTRATION FEES

Per Session

	Early Bird Until Mar. 30, 2012	After Mar. 30, 2012
SINGLE	\$185	\$200
GROUP OF 3**	\$180	\$195
GROUP OF 5**	\$175	\$190

\*\*price per person when submitting registration form and payment at the same time

### PAYMENT

PAYMENT MAY BE MADE BY CHECK, MONEY ORDER OR CREDIT CARD.

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### GENERAL CANCELLATION POLICY

Registration minus twenty five percent administration fee is refundable if notification of cancellation is received 2 weeks prior to seminar start date. Thereafter, no refund will be provided. If cancellation affects group numbers from the same facility, the discount amount to those still attending will be reassessed or deducted from the refund. Refunds will be issued within 30 days of notification. Classic Rehabilitation, Ltd. reserves the right to cancel a course for due course, in which case, full tuition refund will be made. Classic Rehabilitation, Ltd. will not be liable for hotel or travel expenses incurred by registrants.

For further information please call: 732.367.1888 ext.107 or email: edu@classicrehab.com