

I SURVIVED, NOW WHAT?

Treating the Musculoskeletal Consequences
of Maturing with a Chronic Health Condition

Friday — Sunday, March 25 — 27, 2022

Leonard and Madlyn Abramson Pediatric Research Center

Presented by:

Mary Massery, PT, DPT, DSc

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COURSE OVERVIEW

Children with medical problems and/or physical disabilities are surviving to adulthood. Adults with chronic health conditions are living longer. As these patients “survive” their health conditions, atypical breathing patterns and atypical postural control strategies often develop and cause repetitive stress on the musculoskeletal system. The consequences can be chronic pain, inefficient motor plans and/or physical dysfunction, all of which limit health and participation. Current research supports this paradigm, showing a higher incidence of chronic pain and decreased quality of life among children and adults with long-term health conditions. The focus of this course is on identifying, treating and anticipating/preventing common consequential spinal and rib cage restrictions: thoracic kyphosis, scoliosis, pectus deformities, rib flares, asymmetries, tightness, etc. These musculoskeletal restrictions can limit breathing (health) and/or shoulder, trunk and hip/pelvis mobility (participation). Labs present manual therapy techniques (soft tissue techniques, joint mobilizations) and neuromotor re-education techniques. While Dr. Massery’s primary focus is on pediatrics and young adults, the material is pertinent across the whole lifespan.

COURSE OBJECTIVES

Upon completion of this course, you will be able to:

- Describe the relationship between chronic health conditions (pediatric & adult), atypical motor plans for breathing and/or postural stability, and the development of secondary musculoskeletal deficits
- Screen for musculoskeletal abnormalities, inadequate core stabilization strategies and compensatory breathing patterns that may contribute to the abnormal alignment of the rib cage, trunk and/or spine secondary to pediatric and adult chronic health conditions
- Develop and demonstrate musculoskeletal mobilization and soft tissue techniques of the rib cage, trunk and spine to correct or minimize these deformities
- Develop subsequent treatment plans for neuromuscular retraining that is focused on simultaneously optimizing breathing, core stabilization and postural development across the lifespan to minimize long-term secondary postural impairments

IN-PERSON CONFERENCE GUIDELINES RELATED TO COVID

All learners are required to provide documentation of COVID vaccination by Monday, March 21, 2022 to: utsch@chop.edu. Masks **must** be worn at all time in the Abramson Center, including the conference room except when eating in a designated space. ***If the course is cancelled for any reason, registration costs will be fully refunded. We cannot refund any expenses for travel/lodging.***

GENERAL INFORMATION

The conference will be held at Children’s Hospital of Philadelphia in the Leonard and Madlyn Abramson Pediatric Research Center: Friday – Sunday, March 25 – 27, 2022.



COURSE FEE

The registration fee includes registration materials, continental breakfasts, lunches, breaks and parking.

Early Registration Fee.....\$690 before March 1, 2022
Registration Fee.....\$725 after March 1, 2022

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OCCUPATIONAL THERAPY



The Children’s Hospital of Philadelphia is an AOTA Approved Provider (#4878) of professional development course approval ID #TBD. This Live event is approved for .21 CEUs after completion of the program and post-test for Intermediate-level Occupational Therapy learners, under the category of Foundational Knowledge.

AOTA does not endorse specific course content, products, or clinical procedures.

PHYSICAL THERAPY ACCREDITATION

The content of this course has been submitted for 21.0 hours of Physical Therapy CEUs in the States of Pennsylvania and New Jersey. If you require PT CEUs in a different state, please contact course coordinator to obtain materials for submission.

INSTRUCTOR: Mary Massery, PT, DPT, DSc

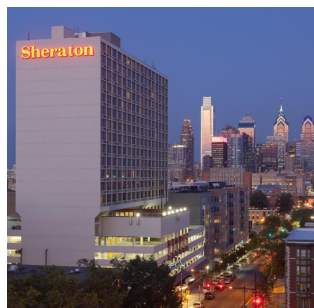
Dr. Massery is a physical therapist who received her BS in Physical Therapy from Northwestern University in 1977, her DPT from the University of the Pacific in 2004 and her DSc from Rocky Mountain University in 2011. Her publications and interests focus on linking motor behaviors to breathing and/or postural mechanics in both pediatric and adult patient populations. Dr. Massery maintains a private practice in Chicago, specializing in breathing and postural dysfunction.



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HOTEL INFORMATION

A block of rooms with reduced rates has been reserved at the Sheraton University City Hotel, 36th and Chestnut streets, Philadelphia, PA 19104. The group rates are \$172 single and double occupancy, plus a 16.37% room tax. Participants are required to make their own hotel reservations by calling the Sheraton directly at 888-627-7071 or 215-387-8000. The special room rates will be available until Saturday, Feb. 26, 2022.



REFUND AND CANCELLATION POLICY

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees but is not responsible for any related costs, charges, or expenses to participants, including cancellation charges assessed by airlines/travel agencies. To process refunds for course withdrawals, cancellations must be received in writing by Monday, March 14, 2022. No refunds will be issued thereafter.

SERVICES FOR PEOPLE WITH DISABILITIES

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263.

PROGRAM | FRIDAY, MARCH 25, 2022

FOCUS: Breathing Mechanics and Mid-trunk Assessment of Alignment and Function

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| 7:30 a.m. | Registration |
| 8 a.m. | DISCUSSION: Overview of Course Topics |
| 9 a.m. | LECTURE: Adverse Postural Development Related to Maturing Around a Chronic Health Condition |
| 9:45 a.m. | Break |
| 10 a.m. | LAB: Breathing: I Don't Have a Clue How to Evaluate Breathing...Well, Now You Will! (Musculoskeletal Support for Posture and Respiration) |
| 11:30 a.m. | Lunch |
| 12:30 p.m. | LAB: Core Muscles: Assessing Mid-trunk Control: Diaphragm, Intercostals and Abdominals |
| 1:30 p.m. | LECTURE: Assessing Breathing Patterns and Postural Relationships |
| 2:45 p.m. | Break |
| 3 p.m. | LAB: Breathing Measurements, Wrap Up |
| 3:45 p.m. | LAB: Rib Cage, Shoulders, Trunk, Pelvis – Musculoskeletal Assessment and Interventions – Screening Functional Trunk Mobility in Stance: Ribs, Spine, Shoulders |
| 5:30 p.m. | Adjourn |

PROGRAM | SATURDAY, MARCH 26, 2022

FOCUS: The Rib Cage — Assessment and Treatment of Consequential Problems

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| 7:30 a.m. | Breakfast |
| 8 a.m. | DISCUSSION: Review, Synthesis and Q&A |
| 8:30 a.m. | LECTURE: Matthew Case Study: Long Term Management of Spine, Posture and Breath Support |
| 9 a.m. | LAB: Detailed Trunk Mobility Screening in Side-lying |
| 10 a.m. | Break |
| 10:15 a.m. | LAB: Rib Mobilizations and Soft Tissue Techniques |
| Noon | Lunch |
| 1 p.m. | LECTURE: Trent Case Study: Scars and Restricted Fascia |
| 1:45 p.m. | LAB: Quadratus Lumborum and Other Manual Techniques |
| 3 p.m. | Break |
| 3:15 p.m. | LAB: Trunk/Postural Control: Therapeutic Exercises |
| 3:45 p.m. | DEMO: Patient Demo |
| 5:30 p.m. | Adjourn |

PROGRAM | SUNDAY, MARCH 27, 2022

FOCUS: The Thoracic Spine — Assessment and Treatment of Consequential Problems

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| 7:30 a.m. | Breakfast |
| 8 a.m. | DISCUSSION: Review, Synthesis and Q&A |
| 8:30 a.m. | LECTURE: The Spine |
| 9:45 a.m. | Break |
| 10 a.m. | LAB: Thoracic Spine Mobilizations |
| 11:30 a.m. | Lunch |
| 12:15 p.m. | LAB: Thoracic Spine Mobilizations and Dynamic Neuromotor Re-education Techniques |
| 1:30 p.m. | LECTURE: Kristy Case Study: Long Term Consequences of Survival (and Course Wrap-up) |
| 2 p.m. | Conference Adjourns |

