

I SURVIVED, NOW WHAT?

Treating the Musculoskeletal
Consequences of Maturing
with a Chronic Health
Condition

Thursday – Saturday,
May 11 – 13, 2023

Roberts Center for
Pediatric Research

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

GENERAL INFORMATION

The conference will be held at Children’s Hospital of Philadelphia in the Roberts Center for Pediatric Research: Thursday – Saturday, May 11 – 13, 2023.



COURSE FEE

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

Early Registration Fee.....\$725 before March 1, 2023
Registration Fee.....\$775 after March 1, 2023

REGISTER ONLINE AT: [CHOP.CLOUD-CME.COM](https://chop.cloud-cme.com)

OCCUPATIONAL THERAPY



The Children’s Hospital of Philadelphia is an AOTA Approved Provider of professional development. Course approval ID#0000004107. This Live event is offered at .21 CEUs after completion of the program and post-test for Intermediate-level Occupational Therapy learners, under the category of OT Service Delivery and Foundational Knowledge. This assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

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 \$259 single and double occupancy, plus a 15.62% 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 Monday, April 10, 2023.



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, April 24, 2023. 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 | THURSDAY, MAY 11, 2023

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

- 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 | FRIDAY, MAY 12, 2023

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

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
4:30 p.m.	DEMO: Patient Demo
5:30 p.m.	Adjourn

PROGRAM | SATURDAY, MAY 13, 2023

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

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