

Limited enrollment  
due to COVID

# Thera Era

Continuing Education for Therapists

*Thera Era Presents:*

Mary Massery's

## **I SURVIVED, NOW WHAT?**

TREATING THE MUSCULOSKELETAL CONSEQUENCES  
OF MATURING WITH A CHRONIC HEALTH CONDITION

Instructor

**Nechama Karman, PT, MS, PCS**

**November 11<sup>th</sup>, 15<sup>th</sup>, and 18<sup>th</sup>, 2020**  
(20.5 Contact Hours)

**Content delivery: Live-In person with *COVID precautions***

**Course Fee: \$650**

**Location: 901 Woodland Drive, Lakewood, NJ 08701**

**Discounts: Early Bird (By October 18th) \$625 or Group of 2**

**Target Audience:** occupational therapists, occupational therapy assistants, physical therapists, physical therapy assistants, speech and language therapists

**AOA approved, Physical Therapy NY, Pending Physical Therapy NJ**

**SIGNUP: [www.theraera.com](http://www.theraera.com)**

Refund, and Cancellation policies: All cancellations must be received 2 weeks prior to course to receive full compensation. Otherwise, the cost will not be refunded.

## **Course Description**

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 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, 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.

## **LEARNING OBJECTIVES**

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

1. 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.
2. 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.
3. Develop and demonstrate musculoskeletal mobilization and soft tissue techniques of the rib cage, trunk and spine to correct or minimize these deformities.
4. Develop subsequent treatment plans for neuromuscular retraining that is focused on simultaneously optimizing breathing, core stabilization and postural development across the lifespan in order to minimize long-term secondary postural impairments.

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**Educational Level:** Intermediate to Advanced

### **Day-1 / Nov 11th (7.5 Contact Hours)**

**Focus: Breathing mechanics and mid-trunk assessment of alignment and function**

8:00 - 8:30		Registration
8:30 - 9:00	Discussion	Overview of course topics
9:00 - 10:15	Lecture	Adverse postural development related to maturing around a chronic health condition
10:15 - 10:30		Break
10:30 - 12:00	Lecture/Lab	Breathing: I don't have a clue how to evaluate breathing... Well, now you will! (musculoskeletal support for posture and respiration)
12:00 - 1:00		Lunch
1:00 - 2:00	Lab	Core muscles: Assessing mid trunk control: diaphragm, intercostals & abdominals
2:00 - 3:15	Lecture/Lab	Assessing breathing patterns and postural relationships
3:15 - 3:30		Break
3:30 - 4:15	Lab	Breathing Measurements, wrap up
4:15 - 5:30	Lab	Rib cage, shoulders, trunk, pelvis: musculoskeletal assessment and interventions: Screening functional trunk mobility in stance: ribs, spine, shoulders

### **Day-2 / Nov 15<sup>th</sup> (7.5 Contact Hours)**

**Focus: The rib cage: assessment and treatment of consequential problems**

8:00 - 8:30		Coffee and ...
8:30 - 9:00	Discussion	Review, synthesis and Q&A
9:00 - 9:30	Lecture	Matthew Case Study: Long term management of spine, posture & breath support
9:30 - 10:15	Lab	Detailed trunk mobility screening in sidelying
10:15 - 10:30		Break
10:30 - 12:00	Lab	Rib mobilizations & soft tissue techniques
12:00 - 1:00		Lunch
1:00 - 1:45	Lecture	Trent Case Study: Scars and restricted fascia
1:45 - 3:00	Lab	Quadratus lumborum & other manual techniques
3:00 - 3:15		Break
3:15 - 4:45	Lab	Trunk/postural control: Therapeutic exercises
4:45 - 5:30	Demo	Patient demonstration (if available)

### **Day-3 / Nov 18<sup>th</sup> (5.5 Contact Hours)**

**Focus: The thoracic spine: assessment and treatment of consequential problems**

8:00 - 8:30		Coffee and ...
8:30 - 9:00	Discussion	Review, synthesis and Q&A

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9:00 -10:15	Lecture	The Spine
10:15 - 10:30		Break
10:30 - 12:00	Lab	Thoracic spine mobilizations
12:00 - 12:45		Lunch
12:45 - 2:15	Lab	Thoracic spine mobilizations & dynamic neuromotor re-education techniques
2:15 - 3:00	Lecture	Kristy Case Study: Long term consequences of survival

\*Note: The lecturer receives an honorarium with no other financial gains

\*Note: A learning outcomes assessment will be provided at the conclusion of the course, prior to receiving CEU's



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