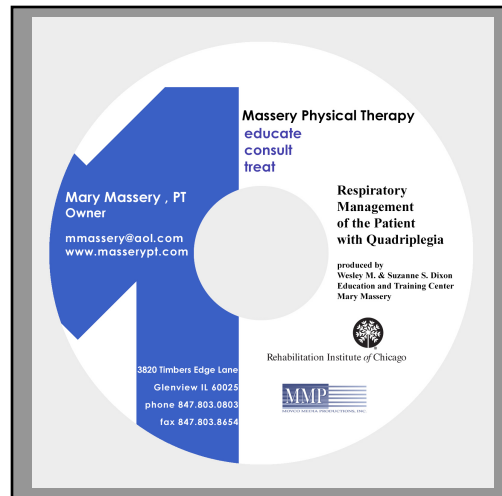


RESPIRATORY DVD BY MARY MASSERY

MASSERY PHYSICAL THERAPY

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“RESPIRATORY MANAGEMENT OF THE PATIENT WITH QUADRIPLEGIA”

An educational DVD written by Mary Massery, PT and Frederick Schneider, MEd, PT
Released in 1999 and reformatted in 2005.

Produced by and at the *Wesley M. & Suzanne S. Dixon Education and Training Center at the Rehabilitation Institute of Chicago* with primary funding from *Esmark/Beatrice, Inc. Foundation*

Directed by Craig Perryman, *MOVCO Media Productions, Inc.*, Chicago, IL.

Description:

Spinal cord injuries (SCI) result in mobility impairments and secondary respiratory complications. This DVD provides the clinician and student with a detailed look at: 1) the mechanical compromise that occurs to normal respiratory function following a SCI, and 2) numerous manual therapeutic exercise techniques that can be used to reduce the ongoing risk of respiratory problems. The purpose of this DVD is to present a three dimensional view of the techniques from both the therapist's and patient's perspective in order to: 1) foster the successful carryover of these skills to a clinical setting, and 2) promote the development of effective clinical reasoning skills necessary to decide which technique should be used with each specific patient.

Content:

- Demonstration of the muscular support for the normal mechanics of ventilation.
- Demonstration of impaired breathing mechanics following a SCI.
- Description of the components of a detailed PT respiratory evaluation for patients with SCI.
- The emphasis of the DVD is to demonstrate therapeutic interventions used in a ventilatory rehabilitation program. All the manual techniques are demonstrated by Mary Massery directly with patients with cervical and thoracic SCI's and include:
 - Positional considerations to improve the mechanics of breathing following SCI.
 - Numerous manual techniques to improve the efficiency of breathing, including: 1) increasing diaphragmatic recruitment, 2) increasing accessory muscle recruitment, 3) improving neuromuscular timing, 4) reducing a high respiratory rate, etc.
 - Numerous manual assistive cough techniques demonstrated in multiple postures and with multiple levels of therapist assistance (from maximal assist to independence) which are geared toward improving the effectiveness of the patient's airway clearance efforts.
 - A brief discussion on the ancillary techniques of ventilatory muscle training and glossopharyngeal breathing.

To Order:

Contact Mary Massery at the above address or check her website for an order form.