

Mary uses evidence and solid clinical reasoning in every presentation to demonstrate how easy it is for therapists to integrate the cardiopulmonary system into patients' treatment programs. Her newest course is the 3-day musculoskeletal course:

**Instructors: Mary Massery or Nechama Karman**

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

TREATING THE MUSCULOSKELETAL CONSEQUENCES  
OF MATURING WITH A CHRONIC HEALTH CONDITION  
(20.5 Contact Hours)

### **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.

### **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.

### **Day-1 (7.5 Contact Hours)**

#### **Focus: Breathing and its relationship to postural development /control**

Discussion	Overview of course topics
Lecture	Adverse postural development related to maturing around a chronic health condition
Lecture/Lab	Breathing: I don't have a clue how to evaluate breathing... Well, now you will! (musculoskeletal support for posture and respiration)
Lab	Core muscles: Assessing mid trunk control: diaphragm, intercostals & abdominals
Lecture/Lab	Assessing breathing patterns and postural relationships
Lab	Rib cage, shoulders, trunk, pelvis: musculoskeletal assessment and interventions: Screening functional trunk mobility in stance: ribs, spine, shoulders

### **Day-2 (7.5 Contact Hours)**

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

Discussion	Review, synthesis and Q&A
Lecture	Matthew Case Study: Long term management of spine, posture & breath support
Lab	Detailed trunk mobility screening in sidelying
Lab	Rib mobilizations & soft tissue techniques
Lecture	Trent Case Study: Scars and restricted fascia
Lab	Quadratus lumborum & other manual techniques
Lab	Trunk/postural control: Therapeutic exercises
Demo	Patient demonstration (if available)

### **Day-3 (5.5 Contact Hours)**

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

Discussion	Review, synthesis and Q&A
Lecture	The Spine
Lab	Thoracic spine mobilizations
Lab	Thoracic spine mobilizations & dynamic neuromotor re-education techniques
Lecture	Kristy Case Study: Long term consequences of survival