

# Course Overview

## Prerequisite: Part-1

Attendance at either course in past  
24 months

*“Linked: Breathing and Postural Control – Part 1” in-person or webinar  
“Breathing, Talking and Postural Control ... school-based therapy”*

“LINKED Part-2” builds upon the foundational information presented in “LINKED Part-1”. This course, developed by Mary Massery, proposes a new definition of “core stability;” re-defining it as the dynamic control of trunk pressures to optimize postural stability (balance). Dr. Massery’s novel “soda pop can model” links breathing mechanics to postural control using multi-system interactions. In Part-2, the focus shifts to hands-on techniques: assessing “normal” breathing patterns, and learning neuromotor breathing retraining techniques and manual assistive cough techniques. Multiple clinical cases will be used to cement the concepts, as will a live patient demonstration (if available). The course is applicable for any pediatric or adult patient (or therapist) who breathes!

## Course Objectives

- Differentially diagnose PPPD, FMD, chronic pain, and PPCS
- Use a multi-system approach to evaluating motor impairments.
- Identify the variations of “normal” breathing patterns and discuss the efficiencies/inefficiencies for individual patient conditions.
- Evaluate need for, and demonstrate, appropriate neuromotor retraining techniques for patients with ineffective breathing/postural control strategies (health or participation deficits).
- Participate in a live patient demonstration (if a patient is available) and suggest possible evaluation and treatment ideas based on the course material.
- Design a targeted airway clearance program using the principles of mobilization, expectoration and oral management.
- Demonstrate airway clearance techniques, with an emphasis on manual assistive cough techniques, and apply an airway clearance algorithm to specific patient conditions.
- Identify thoracic cage/spine restrictions as they pertain to breathing mechanics and postural control (a very brief introduction of chest wall restrictions).
- Evaluate the need for, and demonstrate, neuromotor retraining techniques to improve breath support for voicing and postural control (eccentrics).
- Suggest immediate ways to incorporate the concepts into therapy activities in your clinical setting.

## Physical Therapy at St. Luke’s Course Registration

**LINKED:**  
***Breathing & Postural Control, Part-2***

*March 25-26, 2023*

**Registration Fee: \$350 for members,  
\$425 early bird,  
\$475 after March 10, 2023.**  
Register by mail.

Name \_\_\_\_\_ Degree \_\_\_\_\_ License# \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime phone \_\_\_\_\_ Email \_\_\_\_\_

Registration deadline is 5 days prior to course date.

For Questions, contact:  
Stephen.Kareha@sluhn.org or call 484-426-2546  
To Register, mail form and payment to:  
Physical Therapy at St. Luke’s  
501 Cetronia Rd.  
Allentown, PA 18104  
Make Checks Payable to “St. Luke’s University Health  
Network”

**Credits:**  
Pending approval by NJ Board of Physical Therapy Examiners for 13.0 contact hours (This course involves 4.5 hours of evaluative procedures to treat a person without referral)

Cancellation Policy: Requests for cancellation must be received in writing by fax or mail ten (10) days prior to the seminar in order to receive a refund less a \$35.00 administrative charge per canceled attendee. If the cancellation is made within ten days or less, refunds will not be granted for any reason; instead, credit will be given equal to the amount paid that may be used toward the purchase of any course offered by Physical Therapy at St. Luke’s.

## *Course Schedule*

### **Saturday, March 25**

7:30 Coffee and Registration  
8:00 Discussion: Questions from Part 1  
8:30 Lecture/Demo: Chest assessment  
9:45 Break  
10:00 Lab: Assessing breathing patterns  
11:30 Lunch (On Your Own)  
12:30 Lecture: Airway clearance  
1:15 Lab: Facilitating Breathing Patterns 1  
2:15 Break  
2:30 Lab: Facilitating Breathing Patterns 2  
4:00 Lecture/Demo: Screening  
4:30 Demo: Patient demo  
5:30 Adjourn

### **Sunday, March 26**

7:30 Coffee and Registration  
8:00 Discussion: Synthesis  
8:30 Lecture/Discussion: Differential Diagnosis  
10:00 Break  
10:15 Lab: Airway clearance  
11:30 Lunch (On Your Own)  
12:15 Lab: Eccentric trunk control  
1:30 Discussion: Putting it all together  
2:00 Adjourn



Presents

# ***LINKED: Breathing & Postural Control, Part-2***

**Saturday-Sunday  
March 25-26,  
2023  
Bethlehem, PA**

## *Course Faculty*

**Patricia (Trish) West-Low, MA, DPT, PCS**

Dr. West-Low holds a Bachelor's degree in PT from The University of Scranton, an Advanced Master's Degree from New York University, a Doctoral Degree from Seton Hall University, and is a Board Certified Pediatric Clinical Specialist. She has developed and teaches courses on the topics of Physical Therapy Examination and Treatment of Individuals with Autism, Connective Tissue Mobilization for Pediatric Therapists and Yoga for Special Populations.

Dr. West-Low has been a teaching assistant in all of Dr. Mary Massery's courses for the past 20 years, and completed a 2-year, invited teaching apprenticeship becoming a Massery certified faculty member in 2018. She teaches across the country for Dr. Massery. Currently Dr. West-Low is a full-time clinician at Children's Specialized in New Jersey, and a student in the Movement Sciences PhD program at Seton Hall University. Trish and her dog Lucy serve as a volunteer therapy dog team.