

סילבוס + קורות חיים של המנחה

קורס קליני אינטגרטיבי בפיזיותרפיה נשימתית ורב
מערכתית בשיקום ילדים ובשיקום מבוגרים

IF YOU CAN'T BREATHE, YOU CAN'T FUNCTION

*Integrating Cardiopulmonary and Postural Control
Strategies in Pediatric and Adult Populations*

בהנחיית:

Mary Massery, PT, DPT, DSc

קורס מעשי
בפיזיותרפיה
נשימתית ורב
מערכתית!

4 ימים: 10-9 + 14-13 בינואר, 2013

ביה"ס לפיזיותרפיה תל השומר (ימים ד'-ה' & א'-ב')

מחירים מיוחדים לחברי העמותה / בהרשמה מוקדמת - עד 30.9.2012 – כל הקודם זוכה!



מספר המקומות מוגבל – כל הקודם זוכה!

אופציה 1 (עיוני): חד יומי – יום חמישי, 10.1.2013

אופציה 2 (עיוני ומעשי): ארבעה ימים מלאים

הקורס המלא יוגש לגמול השתלמות

תכנית הקורס (כפוף לשינויים והתאמות)

Thursday, January 10th, 2013 (7.5 Contact Hours)

Open Enrollment

8:00 - 8:30	Registration
8:30 - 10:30	<u>Lecture</u> : Breathing and Posture: A Multi-system Event!
10:30 - 10:45	Break
10:45 - 12:00	<u>Lecture</u> : Continued
12:00 - 1:00	Lunch
1:00 - 1:30	<u>Lecture</u> : Normal and Abnormal Chest Wall Development and Function
1:30 - 3:00	<u>Lecture</u> : What can you do in 90 Seconds or Less that has a Profound and Lasting Effect? Positioning Strategies
3:00 - 3:15	Break
3:15 - 5:30	<u>Lecture</u> : Integrating Systems Effectively: Movement Strategies

Friday, January 11th, 2013 (4.75 Contact Hours)

Limited Enrollment

8:00 - 8:30	Coffee and ...
8:30 - 9:45	<u>Lecture</u> : Finding the Problem: Pulmonary Assessment from a Multi-system Perspective
9:45 - 10:30	<u>Lab 1</u> : Chest Assessment: - Focus on Breathing Patterns and Musculoskeletal Alignment
10:30 - 10:45	Break
10:45 - 12:00	<u>Lab 1</u> : continued
12:00 - 1:00	Lunch
1:00 - 2:30	<u>Lab 1</u> : Continued

הקורס המלא יוגש לגמול השתלמות

Sunday, January 13th, 2013 (7.5 Contact Hours)

Limited Enrollment

8:00 - 8:30	Coffee and ...
8:30 - 10:30	<u>Lab 2</u> : Enhancing Phonation Skills through Improved Breath Support
10:30 - 10:45	Break
10:45 - 12:00	<u>Lecture</u> : Airway Clearance: From Sherlock to Solution
12:00 - 1:00	Lunch
1:00 - 2:30	<u>Lab 3</u> : Airway Clearance Techniques, especially manually assisted coughs
2:30 - 3:00	<u>Lab 4</u> : Facilitating Efficient Breathing Patterns and Building Endurance
3:00 - 3:15	Break
3:15 - 4:45	<u>Lab 4</u> : continued
4:45 - 5:30	<u>Patient Demonstration</u> (if possible)

ניתן להשתתף רק ביום הראשון או ב 4 ימים מלאים

Monday, January 14th, 2013 (6.75 Contact Hours)

Limited Enrollment

8:00 - 8:30	Coffee and ...
8:30 - 9:30	<u>Lecture</u> : Screening for Thoracic Spine/Cage Restrictions Related to Breathing Impairments
9:30 - 10:30	<u>Lab 5</u> : Screening for Thoracic Spine/Cage Restrictions
10:30 - 10:45	Break
10:45 - 12:00	<u>Lab 6</u> : Treatment Techniques: Mobs, Releases, Stretches, Home Exercise Programs
12:00 - 1:00	Lunch
1:00 - 3:00	<u>Lab 6</u> : continued
3:00 - 3:15	Break
3:15 - 4:00	<u>Patient Demonstration</u> : Pulmonary Patient with Musculoskeletal Restrictions (if possible)
4:00 - 4:45	<u>Lab 7</u> : Group Problem Solving: Putting It All Together

הקורס המלא יוגש לגמול השתלמות



SPEAKER'S BIOGRAPHY

Mary Massery, PT, DPT, DSc

ד"ר מארי מאזרי בוגרת לימודי פיזיותרפיה משנת 1977 ובעלת תואר ד"ר לפיזיותרפיה משנת 2004. תחומי המומחיות שלה נוגעים בקשר שבין התנהגויות מוטוריות ונשימה ו/או מכאניקה של יציבה בילדים ומבוגרים כאחד.

עד כה הוזמנה ד"ר מאזרי לתת מעל 700 מצגות מקצועיות בכל רחבי ארה"ב וקנדה וברחבי העולם.

בשנת 2002 זכתה ד"ר מאזרי בפרס היוקרתי ביותר של ארגון הפיזיותרפיה הארצי של ארה"ב: פרס **Florence Kendall Practice Award** המוענק לאנשי מקצוע בעלי תרומה יוצאת דופן למקצוע הפיזיותרפיה. במהלך השנים הרצתה ד"ר מאזרי בכנסים מקצועיים באנגליה, אירלנד, אוסטרליה ועוד. ד"ר מאזרי מלמדת במספר בתי ספר לפיזיותרפיה, מבצעת מחקר קליני ויועצת במספר בתי חולים, קליניקות ובתי ספר ברחבי שיקאגו, ארה"ב. ד"ר מאזרי ממשיכה לנהל קליניקה פרטית שבה היא מתמחה בפיזיותרפיה נשימתית ויציבה.

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Dr. Massery 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 for both pediatric and adult patient populations. Dr. Massery has been invited to give over 700 professional presentations in 48 US states, 9 Canadian provinces, and 11 countries worldwide.

In 2002, Dr. Massery received the American Physical Therapy Association's (APTA) highest clinical award: **The Florence Kendall Practice Award**, honoring one's "outstanding and enduring contributions to the practice of physical therapy."

Mary delivered the keynote addresses on: cystic fibrosis at the **Royal Society of Medicine** in London, England (2004); neuropulmonary issues at the annual **Australian & New Zealand Spinal Cord Injury Conference** in Brisbane, Australia (2005); and connections between posture and breathing at the annual **Irish Society of Chartered Physiotherapists Meeting** in Galway, Ireland (2007). She was awarded and presented the APTA's honorary 2009 **Linda Crane Memorial Lecture** at the annual CSM meeting in Las Vegas. More recently, she delivered keynote addresses at the **26th Annual International Seating Symposium** in Vancouver, Canada (2010), as well as the **Annual Conference Posture and Mobility Group** in Coventry, England (2012). Mary teaches in the PT curriculum at several universities, conducts clinical research, and consults at numerous Chicago area hospitals, schools and clinics. She continues to maintain a private practice as well, specializing in ventilation and postural dysfunction.

Mary Massery, PT, DPT, DSc - CV

Education

- **Doctorate of Science, Advanced Neurology Physical Therapy 2011**
Rocky Mountain University of Health Professions, Provo, UT
- **Doctorate of Physical Therapy (DPT) 2004**
University of the Pacific, Stockton CA
- **Physical Therapy (BS) 1977**
Northwestern University Programs in Physical Therapy, Chicago, IL

Continuing Education

At least 10 contact hours of continuing education classes per year since 1977.

Work Experience

- **Massery Physical Therapy Glenview, IL 1983 - present**
Owner, provides consultations, treatment and educational services in physical therapy, specializing in neuropulmonary dysfunction.
- **Northwestern University Department of Physical Therapy Chicago, IL 1985 - 2000**
Adjunct faculty member: Cardiopulmonary, Neuromuscular and Musculoskeletal Therapeutic Exercise curriculum.
- **North Side Home Health Care, Inc. 1982 - 1983**
Director, Rehabilitation Services, Chicago, IL
- **Martha Washington Hospital 1980 - 1982**
Acting Director, Physical Therapy, Chicago, IL
- **Rehabilitation Institute of Chicago Chicago, IL 1977 - 1980**
Staff, Physical Therapist

Professional Associations

Member APTA #0030486 1977 - present

- Sections: Pediatrics, Neurology, Cardiopulmonary, Women's Health
- Chair: Special interest group - spinal cord injury 1993-1999
- Secretary: Special interest group - spinal cord injury 1991-1993

Member American College of Chest Physicians #193941 2000 - present

License

Illinois Physical Therapy License 1977 - present

Presentations

Over 700 invited presentations on ventilation dysfunction, pediatric medical screening, cystic fibrosis, pectus excavatum, and/or Proprioceptive Neuromuscular Facilitation (PNF) in 48 USA states, 9 Canadian provinces and 10 countries worldwide

Invited faculty member: 10 University PT Programs

Publications

- Published 14 articles, 8 abstracts, and 15 chapters (in 6 text books) on neuropulmonary issues; 1987-current.
- Editor, special issue on Cardiopulmonary concerns in Neurology Report, 1994.

Research

- Northern Illinois University, DeKalb, IL 1996-1999
- Boston University, Boston, MA 1997-1999
- Schwab Rehabilitation Hospital, Chicago, IL 1997-1999
- Rosalind Franklin University, North Chicago, IL 2007 - current
- Co- Investigator with Dr. Paul Hodges PhD, MedDr, DSc, BPhy(Hons), FACP 2010 – current
- University of Queensland, Brisbane, Australia
- Dissertation Study: The role of airway control in postural stability

Grants

Principal consultant, fully funded Esmark educational video. Ventilatory Management Program for the Patient with Quadriplegia. Produced through the Rehabilitation Institute of Chicago, Chicago, IL. 1999.

Principal consultant. Year long mentorship funded through the RR Donnelly Fellowship Fund for the development of a multidisciplinary team approach to respiratory management at the Rehabilitation Institute of Chicago 2000-2001.

Principal consultant. Year long mentorship funded through The Rehab Division of CMH for the development of a multidisciplinary team approach to pediatric respiratory management at Children's Memorial Hospital of Chicago 2001-2002.

Principal consultant. Year long mentorship funded through The Prince Charitable Trusts for the development of a multidisciplinary team approach to pediatric respiratory management at University of Chicago's Children's Hospital of Chicago 2003-2004.

Awards

- **2002 APTA Recipient of The Henry O. and Florance P. Kendall Practice Award** for outstanding an enduring contributions to the practice of physical therapy.
- **2003 Distinguished Alumnus Award:** Northwestern University Department of Physical Therapy and Human Movement Sciences
- **2009 The Linda Crane Memorial Lecture Award:** National APTA Sections, Excellence in clinical practice. APTA CSM 2009, Las Vegas, NV

COURSE PARTICIPANTS' COMMENTS

1. As a cardio-respiratory PT with a special interest in chronic lung disease across the lifespan, I found the three courses I attended, presented by Mary, in St. Louis, USA, Melbourne, Australia, & Copenhagen, Denmark to be most inspiring & professionally rewarding. Mary is a brilliant speaker, amuses the audience with the expertise of a standup comedian & has an interactive way of teaching that engages participants every minute of the course. Mary is the most inspirational physical therapist I have encountered in my career & her approach has inspired me to view assessment & integrated treatment in a prioritized, fresh & more holistic way.
 - *Dr Brenda Button, Clinical Associate Professor, physiotherapist with a special interest in patients with chronic lung conditions- Vic (AUS)*
2. What a pleasure to learn from such a gifted clinician. The course reinforces the importance of breathing patterns & their relevance to musculoskeletal presentations in my practice, particularly in cases of chest wall deformities and postural pain. Thank you.
 - *David Wadsworth, Musculoskeletal Physiotherapist - Qld (AUS)*
3. You are an extremely knowledgeable & inspirational presenter & therapist who I could learn from all day! Your approach continues to challenge & change practice for therapists across all disciplines, to become more holistic & innovative for the benefit of all our clients & professions. Everyone should see how three days of learning is made easy and fun by an expert!
 - *Gaela Kilgour, Paediatric Physiotherapist - Christ (NZ)*
4. You are the kind of person that makes me proud to be in health care. You are thoughtful and energetic, innovative & restless, and you have a warm heart that leads your path. And, best of all, I had the opportunity to be a real "student", learning and listening from one who has the gift of teaching.
 - *W.W., MD Adult Pulmonologist - Wilkes-Barre, PA (USA)*
5. Did the course meet my expectations? Yes, and BEYOND! I wanted help with patients that have pulmonary disease. Now I realize I will want to use the principles with all those who have hearts and lungs! And honestly, I can't think of any who don't.
 - *A.R. Physiotherapist - Oklahoma city, OK (USA)*
6. Thank you for a simply AWESOME seminar. We are planning a team seminar to share the highlights of what we learned. Already we are looking at our patients more holistically, asking questions related to breathing style, cough productivity, voice production and target muscles needing to be toned and strengthened. So much to learn from each other! You are a master physical therapist & an inspiring presenter. What a joy to experience your presence.
 - *C.F. Speech & Language Pathologist - Minneapolis, MN (USA)*

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