

Mary Massery's

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

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

Instructor
Vincent Leddy, PT, DPT, PCS

Sponsored by
Jacob's Ladder Pediatric Rehabilitation
Chesterton, IN

June 5th – 7th, 2020
(20.5 Contact Hours)

Friday (7.5 Contact Hours)

Open Enrollment

8:00 - 8:30		Registration
8:30 - 9:00	Discussion	Overview of course topics
9:00 - 10:30	Lecture	Breathing and posture: Part 1 - Pressure control (Soda pop model)
10:30 - 10:45		Break
10:45 - 12:00	Lecture	Breathing ... Part 2 - The diaphragm
12:00 - 1:00		Lunch
1:00 - 2:15	Lecture	Breathing ... Part 3 - The vocal folds
2:15 - 2:25		Break
2:25 - 3:25	Mini-lab	Positioning strategies: What can you do in 90 Seconds or less that has a profound and lasting effect?
3:25 - 3:30		Break
3:30 - 4:15	Lecture	<u>Lecture:</u> Normal and abnormal chest wall development and function
4:15 - 5:30	Mini-lab	Ventilatory or movement strategies: Integrating neuromuscular, musculoskeletal, respiratory and sensory systems

Saturday (7.5 Contact Hours)Limited Enrollment

8:00 - 8:30		Coffee and ...
8:30 - 9:00	Discussion	Review, synthesis and Q&A
9:00 - 10:15	Lecture/ Demo	Chest assessment: Focus on musculoskeletal alignment and breathing patterns
10:15 - 10:30		Break
10:30 - 12:00	Lab	Assessing breathing patterns and postural implications
12:00 - 1:00		Lunch
1:00 - 1:45	Lecture	Airway clearance: From Sherlock to solution
1:45 - 2:45	Lab	Facilitating efficient breathing patterns and endurance training: Neuromotor techniques for diaphragm, chest and other breathing patterns
2:45 - 3:00		Break
3:00 - 4:30	Lab	Facilitating breathing patterns (continued)
4:30 - 5:30	Demo	Patient demonstration (if possible)

Sunday (5.5 Contact Hours)Limited Enrollment

8:00 - 8:30		Coffee and ...
8:30 - 9:00	Discussion	Review, synthesis and Q&A
9:00 - 10:30	Lecture/ Discussion	Differential diagnosis (patient demo): "Find the Problem"
10:30 - 10:45		Break
10:45 - 12:00	Lab	Airway clearance lab: Focus on manual assistive cough techniques
12:00 - 12:45		Lunch
12:45 - 1:15	Lecture/ Demo	Brief introduction to rib cage and trunk musculoskeletal restrictions associated with breathing difficulties - Quick Screening!
1:15 - 2:30	Lab	Enhancing breath support for phonation and postural control
2:30 - 3:00	Discussion/ Homework	Group problem solving: Putting it all together