SAVE THE DATE!
Physical Therapy Management of Cervico-thoracic Pain

February 6-7, 2016
Health Science Center, La Crosse, Wis.

The emphasis of this course is on applying evidence-based practice to clinical decision making strategies for the examination and management of patients with common musculoskeletal disorders of the cervico-thoracic region. A systematic examination process is presented that guides the clinician to effectively categorize patients into treatment based classifications. To facilitate symptom management, lab time is utilized to teach specific interventions including manual therapy techniques to the cervical and thoracic spine and rib cage, therapeutic exercise and patient education. Other intervention strategies are discussed to enhance treatment outcomes.

Presenters: Paul Reuteman PT, DPT, OCS, ATC; Matt Haberl PT, DPT, OCS, ATC

$445, attendees
$375, UWL Alumni

I Survived, Now What?
Treating the Musculoskeletal Consequences of Maturing with a Chronic Pediatric Health Condition

Presented by
Mary Massery, PT, DPT, DSc

November 13-15, 2015
Health Science Center
La Crosse, Wis.
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Children with complex medical health problems can reach adulthood with numerous musculoskeletal consequences of survival such as spinal deformities (thoracic kyphosis, scoliosis, etc.), rib cage restrictions (pectus deformities, rib flares, tightness, etc.), shoulder, and hip/pelvis limitations, to name a few. This three-day seminar looks specifically at why these limitations tend to occur and what can be done to minimize their development. Heavy emphasis is placed on instruction in specific manual therapy techniques to help prevent or minimize orthopedic limitations. The goal is to improve the pediatric and cardiopulmonary therapist’s knowledge and confidence in using musculoskeletal techniques for these unintended postural restrictions that affect quality, and potentially quantity of life. Majority of the seminar is spent in the lab.

OBJECTIVES
Upon completion of this course, you will be able to:

1. Screen for musculoskeletal abnormalities, inadequate core stabilization strategies and breathing patterns that may contribute to the abnormal development of the rib cage, shoulder, hips/pelvis and/or spine across the lifespan secondary to pediatric chronic health conditions and/or survival of prematurity.

2. Develop and demonstrate musculoskeletal mobilization and soft tissue techniques to correct or minimize these deformities.

3. 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 postural impairments that develop secondary to these chronic conditions.

On/before 10/16/15
$599, attendees
$539, UWL Alumni

After 10/16/2015
$659, attendees
$599, UWL Alumni

Registration includes a DVD of many of the musculoskeletal demonstration techniques.

To Register: www.uwlax.edu/conted/pt| 1-866.895.9233

Mary Massery, PT, DPT, DSc

Massery’s publications and interests focus on linking motor behaviors to breathing and/or postural mechanics in both pediatric and adult patient populations. These interests led her to note increasing musculoskeletal impairments as more pediatric patients survived into adulthood. This seminar addresses those unintended, and undesired, consequences of survival.

Massery has been invited to give over 800 professional presentations in 49 U.S. states, nine Canadian provinces, and 13 countries worldwide. She has delivered keynote/major addresses on topics such as cystic fibrosis and posture, neuropulmonary deficits, pectus excavatum (chest deformities), and connections between posture & breathing for the Royal Society of Medicine in London; the Australian & New Zealand Spinal Cord Injury Conference in Australia; the Irish Society of Chartered Physiotherapists Meeting in Galway; the International Seating Symposium in Vancouver; and the Conference on Posture and Mobility in England; and more than 100 presentations for the American Physical Therapy Association (APTA).

Massery has received national awards from the APTA, including its highest clinical award, The Florence Kendall Practice Award, and the honorary Linda Crane Memorial Lecture. She continues to maintain a private practice in Chicago, specializing in ventilation and postural dysfunction.