

COVID-19 Long-Haulers: Potential Long-Term Physical Problems



Children'sSM
Healthcare of Atlanta

Wednesday, May 12 from 6:00 pm-8:30 pm (EST)

Mary Massery, PT, DPT, DSc

Location

Conference presented virtually via Zoom (webinar will be presented LIVE and not recorded)

Agenda (all times listed in Eastern Standard Time)

Wednesday, May 12:

5:30-6:00 pm	Zoom Waiting Room Opens
6:00-7:00 pm	COVID-19 Pathophysiology, Physical Symptoms, and Multi-System Assessment of Long-Term Problems
7:00-7:30 pm	Adult COVID-19 Long-Hauler Case Presented by Dr. Massery
7:30-8:00 pm	Pediatric COVID-19 Case Presented by Children's Staff
8:00-8:30 pm	Q&A and Robust Interactive Discussions Managing Long-Hauler Cases
8:30 pm	Adjourn

TOTAL CONTACT HOURS = 2.5

Course Description

Survivors of moderate/severe COVID-19 report a myriad of symptoms that persist for weeks and months after recovery. These patients are called "long-haulers" or (Chronic COVID Syndrome (CCS)). This webinar will focus on COVID-19 survivors who are medically stable, but surprisingly not returning quickly to their pre-morbid health status and/or pre-morbid activity levels. The speaker will present a multi-system approach to determining these patients' short-term and potential long-term physical problems especially as they relate to core stability and breathing mechanics. The speaker will present a contextual model to assist therapists in anticipating potential problems as the long-haulers' trajectory of recovery is not yet realized. Following Dr. Massery's presentation, a pediatric COVID-19 case will be presented by Children's staff.

Registration

Regular Webinar Registration	\$60
Children's Healthcare of Atlanta Staff	FREE

Register online today at <https://cvent.me/vwoKz4>

Contact michelle.moore@choa.org for more information.

Course Objectives

At the conclusion of the conference, the participant will be better able to:

- Present a brief overview of COVID-19 and indicate how the disease might adversely affect physical function in the post-acute phase.
- Describe the framework of a multi-system differential diagnosis of CCS patients (Chronic COVID syndrome), otherwise known as long-haulers, to determine possible underlying causes of persistent physical problems.
- Discuss how a pediatric case may differ from adult cases.
- Suggest early and late rehabilitation ideas looking at possible multi-system reactions to the disease: cardiopulmonary, musculoskeletal, neuromuscular, integumentary, internal organs.
- Demonstrate how breathing and moving can be intentionally used together to improve breathing efficiency especially for COVID survivors who likely have residual pulmonary problems and fatigue.

Target Audience

This course is recommended for physical, occupational and speech therapists as well as other clinicians working with COVID-19 patients.

Instructor

Mary Massery, PT, DPT, DSc

Dr. Massery received her BS (Bachelor of Science) in Physical Therapy from Northwestern University in 1977, her DPT (Doctor of Physical Therapy) from the University of the Pacific in 2004, and her DSc (Doctor of Science) from Rocky Mountain University in 2011. She has been invited to give over 900 professional presentations in all 50 US states and in 18 countries worldwide on topics linking motor behaviors to breathing and postural mechanics. Dr. Massery's research pioneered the concept of managing trunk pressures as a new way to visualize core stabilization.

Dr. Massery received the American Physical Therapy Association's highest clinical award, *The Florence Kendall Practice Award*, for "outstanding and enduring contributions to the practice of physical therapy." She has been named Outstanding Alumnus of the Year by each of her 3 universities, and she received *Northwestern University's Alumnae Research Achievement Award*. She continues to maintain a private practice in Chicago, specializing in breathing and postural dysfunction.

Instructor Disclosures: *Financial*: Receiving an honorarium from Children's Healthcare of Atlanta for this presentation and is the owner of Massery Physical Therapy, Inc. *Non-Financial*: none.

Continuing Education

Continuing Education Credits have been applied for/approved through the **APTA Georgia** for **2.5 contact hours** for Physical Therapists. These credits may apply toward licensure in other states.

Direct contact hours have been applied for/approved through the **Georgia Occupational Therapy Association (GOTA)** for **2.5 contact hours** for Occupational Therapists. These credits may apply toward licensure in other states.



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Intermediate Level

.25 ASHA CEUs

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