

**BREATHING & SEATING:**  
**MORE LINKED THAN YOU THINK**

**COURSE DESCRIPTION**

As a cardiopulmonary physiotherapist rather than a seating and mobility specialist, Dr. Massery will propose a model based on a soda-pop can, to establish a link between breathing, postural control and postural alignment for the seated patient, and will apply the concepts to clinical cases. Through novel research, she will demonstrate the role of vocal folds as postural stabilizers, extending the concept of “core stability” from the vocal folds on the top of the trunk to the pelvic floor on the bottom. Numerous interventions will be presented that use positioning and ventilatory strategies to optimize lung health, seating posture and motor performance. Seating and mobility specialists will be encouraged to apply the concepts to their unique practice settings.

**COURSE OBJECTIVES**

**At the conclusion of the course, participants should be able to:**

1. Describe how trunk pressures link breathing, postural alignment, and postural control using the Soda Pop Can Model.
2. Demonstrate the role of the vocal folds in normal postural stability and make the case for utilizing speaking valves (tracheostomy modifier) as a component part of a seating recommendation.
3. Position patients for optimal physiological and biomechanical support of breathing with simple equipment (towels, pillows, etc.) and extrapolate concepts into custom designed seating systems.
4. Incorporate abdominal “cutouts” in thoracolumbosacral orthoses (TLSOs) to optimize respiratory mechanics as well as sagittal plane postural control.
5. Use a ventilatory strategy algorithm presented in class to optimize breathing with movements in a seated position.