



For More Information:

Phone: 1-800-210-5856

E-MAIL: info@glseminars.com

This course is also available as a Private Course for your staff. Please call 1-800-210-5856 or visit us on the web at www.glseminars.com for more details. Payment in full is due with registration and there is a non-refundable cancellation fee of \$50. There will be no refunds given after the two week (14 calendar days) mark before a seminar. Great Lakes Seminars reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of cancellation Great Lakes Seminars will not be responsible for any charges incurred by the registrant due to cancellation of the course, other than the course cost.

2019 Course Schedule

- January 12-13, 2019 - Newark, NJ
- January 19-20, 2019 - Seattle, WA
- February 16-17, 2019 - Chicago, IL
- February 16-17, 2019 - San Francisco, CA
- March 2-3, 2019 - Columbus, OH
- March 16-17, 2019 - Dallas, TX
- April 13-14, 2019 - Nashville, TN
- April 27-28, 2019 - Butte, MT
- May 4-5, 2019 - Lynchburg, VA
- September 21-22, 2019 - Los Angeles, CA
- October 12-13, 2019 - Raleigh, NC
- November 16-17, 2019 - Detroit, MI

2768 Centennial Road
Toledo, OH 43617
800-210-5856
www.glseminars.com



**Mobilization of the
Cervical and Thoracic
Spine and Ribs**

2019



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Learn from specialized
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The GLS Experience
Be part of a fun weekend
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Mobilization of the Cervical and Thoracic Spine and Ribs

Course Objectives

At the completion of the seminar, the participant will be able to:

- describe the normal and abnormal biomechanics of the vertebrae in the Upper Cervical spine (OA, AA), Lower Cervical Spine (C2-7), Thoracic spine (T1-12), and ribs.
- correctly describe 5 specific spinal and rib anatomical structures.
- correctly describe the specific neurophysiological mechanism behind muscle energy technique (MET).
- correctly and confidently identify 3 key components necessary to administer proper MET.
- correctly administer 5 cervical spine METs, 5 thoracic spine METs, 4 thoracic spine mobilizations (Grade II-IV), 3 thoracic spine manipulations (Grade V), 1 Cervical-Thoracic distraction mobilization/manipulation, 3 Rib METs, and 2 Rib mobilization/manipulations.
- through the discussion of relevant evidence based research, support the use of METs/Mobilization/Manipulations to the Cervical and Thoracic spine and Ribs for specific diagnoses.



John Duncombe,

PT, DPT, MSPT, OCS, CIMT, CSCS, GCS

John received his Master's of Physical Therapy degree from the University of Wisconsin - Madison in 2001. He obtained his Doctorate in Physical Therapy through the Evidence in Motion Institute of Health Professions (EIM) while simultaneously finishing a 2 year Orthopedic Residency program with EIM. He

is board certified as an Orthopedic Clinical Specialist from the American Physical Therapy Association. While at the University of Wisconsin he became a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association as well as a Golf Conditioning Specialist. John treats a vast array of outpatient orthopedic dysfunctions, looking at a wide variety of structures, tissues, and systems that may be contributing to the source of symptoms. His special interests are in post-surgical shoulder and knee patients, cervical-thoracic injuries, and runners with varying types of lower extremity dysfunctions. John currently works for Team Rehabilitation Physical Therapy and is the clinic director and owner of an outpatient orthopedic clinic in the northern suburbs of Chicago.

About the Course

Learn to integrate rib treatment with the thoracic spine. Learn both MET techniques and joint articulations. Finally become comfortable treating the neck and upper back.

Course Outline

Saturday

- 7:30am Continental Breakfast
8:00am Lecture: Introduction, Overview of MET and Joint Articulations, Anatomy, Biomechanics, Spinal Kinematics, Types of Dysfunctions, Treatment Principles
10:30am Lecture: Rib Dysfunctions
11:00am Lab: Cervical- Thoracic screening tests
12:00pm Lunch (on your own)
1:00pm Lab: Thoracic Spine; Type II Flexion and Extension Lesions
3:15pm Lab: Thoracic Spine: Type I Neutral Spine
4:15pm Lesions and Type II Lesions
5:00pm Review of Evidence-Based Literature for today's topics
5:30pm Adjourn

Sunday

- 7:30am Continental Breakfast
8:00am Lab: Review of Type II Dysfunctions in Cervical and Thoracic Spine
8:45am Lab: Upper Cervical Screening Tests, AA Jt Dysfunctions
10:15am Lab: OA Jt Dysfunctions
11:15am Lab: Structural Rib Dysfunctions
12:00pm Lunch (on your own)
1:00pm Cont. Structural Rib Dysfunctions
3:45pm Case Studies / Speed Mobilizations
4:30pm Review of Evidence-Based Literature for today's topics
5:00pm Adjourn

Continuing Education

This course has been submitted for 16 continuing education hours. Approval amounts may vary per state. Certificates of attendance with the number of course hours will be given to each participant at the completion of the course.

REGISTER TODAY!

Register online at www.glseminars.com, fill out the below form and fax to Great Lakes Seminars at 800-889-0358 or mail your registration and payment to: 2768 Centennial Road, Toledo, OH 43617.

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“ The instructors are superb and obviously love what they do. Because of your courses, I have taken my clinical skills to a whole new level. ”

- Virginia Beach Resident