



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

- March 2-3, 2019 - Seattle, WA
- April 6-7, 2019 - Indianapolis, IN
- June 1-2, 2019 - Richmond, VA
- July 13-14, 2019 - Detroit, MI
- September 21-22, 2019 - Baltimore, MD
- October 19-20, 2019 - Portland, OR
- December 7-8, 2019 - Albuquerque, NM

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



**Teaching Self Treatment:
Empowering Your
Patients to Maximize
Their Outcomes**

2019



We Don't Just Teach. We Inspire.

75% Hands-On Training
Practice new techniques
with confidence

Passionate Instructors
Learn from specialized
instructors who truly care

The GLS Experience
Be part of a fun weekend
that will fly by

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Teaching Self Treatment: Empowering Your Patient to Maximize Their Outcomes

Course Objectives

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

- Accurately state the general concepts of myofascial release, joint mobilizations, muscle energy techniques
- Accurately describe normal and abnormal spinal joint mechanics
- Accurately state 2 characteristics of type 1 and 2 dysfunctions
- Correctly demonstrate 6 self-joint mobilization techniques to the areas covered in the manual
- Correctly demonstrate 6 self-myofascial release techniques (with and without instruments) to the areas covered in the manual



Kevin Decker,
PT, DPT, CIMT

Kevin earned his bachelor's degree in Allied Health Sciences from Grand Valley State University and went on to earn his doctorate in physical therapy from GVSU in 2014. Kevin has been working for Probility Physical Therapy since graduating treating a variety of orthopedic and neurological conditions. Kevin has also achieved his Certified Integrated Manual Therapist (CIMT) certification through Great Lakes Seminars and consistent with GLS philosophy, he uses a test, treat, re-test focus to determine the driver of the patient's condition/ pathology allowing the patient to return to peak function and quality of life.

Course Outline

Saturday

- 7:30am Continental Breakfast
8:00am Lecture: Introduction, Pre-Test
8:30am Lecture: Overview of myofascial release, joint mobilizations, muscle energy, and taping techniques
11:00am Lab: joint mobilizations and muscle energy techniques of cervical spine
12:00pm Lunch (on your own)
1:00pm Lab: joint mobilizations and muscle energy techniques of thoracic spine, ribs
3:00pm Lab: joint mobilizations and muscle energy techniques of lumbar spine, sacrum, pelvis
5:00pm Review of Evidence-Based Literature
5:30pm Adjourn

Sunday

- 7:30am Continental Breakfast
8:00am Lab: joint mobilizations and muscle energy techniques of hip, knee, foot/ankle complex
10:00am Lab: Joint mobilizations and muscle energy techniques of shoulder, elbow, wrist
12:00pm Lunch (on your own)
1:00pm Lab: myofascial release (with and without instruments)
4:30pm Review of Evidence-Based Literature
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.

Name _____

Address _____

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E-mail _____

Discipline _____ Fax _____

Course Location: _____

Course Fee: \$575

Check Payable to: Great Lakes Seminars

VISA MasterCard AMEX Discover

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Expiration Date (Month/ Year)

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Security Code

Billing Street Address _____

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Confirmation Letter:

Mail Email Fax

“ This course has a practical approach that can be used in every day practice. ” - Chicago, IL