



2019 Course Schedule

- February 9-10, 2019 - Seattle, WA
- May 4-5, 2019 - Chicago, IL
- October 5-6, 2019 - Indianapolis, IN

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.

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



Myofascial Release: Functional Integration

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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Myofascial Release: Functional Integration

Course Objectives

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

- state at least 3 of the underlying principles of MFR and be able to apply them to a patient in a treatment setting
- demonstrate proper technique for hand placement and level of force for Releasing With Movement of 5 different tissues
- demonstrate proper technique for therapist positioning and patient positioning for 5 different techniques / body parts
- demonstrate proper technique for Releasing With Movement for 5 different techniques / body parts



Heather LaHaie
PT, DPT, CIMT

Heather earned her Doctorate in Physical Therapy from Boston University in 2009, and a Bachelor of Science in Movement Science from the University of Michigan in 2006. She also achieved her CIMT certification from Great Lakes Seminars in 2011. Heather has worked for Probiity Physical Therapy since 2009, and treats patients with a variety of orthopedic conditions. Her clinical focus is to find the root of the dysfunction driving a patient's impairments, and her treatment approach is a hybrid of manual therapy techniques to improve joint and fascial mobility and muscular function, functional exercise and patient education to improve patient function and quality of life.

Topics Covered

- Anatomy Trains
- Releases with Movement
- Functional Stretching

Course Outline

Saturday

- 7:30am Continental Breakfast
8:00am Lecture: New definition of fascia, anatomy of fascia, roles of fascia concept of releasing with movement
12:00pm Lunch (on your own)
1:00pm Lab: Releasing With Movement to the neck and upper back
3:00pm Lab: Releasing With Movement to the arm
5:00pm Lab: Review of Evidence-Based Literature
5:30pm Adjourn

Sunday

- 7:30am Continental Breakfast
8:00am Lab: Releasing with movement - upper and lower quarters
12:00pm Lunch (on your own)
1:00pm Lab: Releasing With Movement to the hip and thigh
3:00pm Lab: Releasing With Movement to the lower leg and foot
4:30pm Lab: 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 _____

Phone _____

E-mail _____

Discipline _____ Fax _____

Course Location: _____

Course Fee: \$575

Check Payable to: Great Lakes Seminars

VISA MasterCard AMEX Discover

Credit Card Number

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Expiration Date (Month/ Year)

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Security Code

Billing Street Address _____

Billing Zip Code _____

Confirmation Letter:

Mail Email Fax

“ All of the hands on work was phenomenal and Heather made sure that we all understood. ”

- Lincoln, NE