



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.

2020 Course Schedule

- February 15, 2020 - Portland, OR
- April 18, 2020 - Boise, ID
- May 2, 2020 - Newark, NJ
- May 30, 2020 - Indianapolis, IN
- October 3, 2020 - Lincoln, NE
- October 24, 2020 - Oklahoma City, OK
- November 14, 2020 - Minneapolis, MN
- December 5, 2020 - Lancaster, PA

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



A Manual Therapy Approach to Treatment of Headaches

2020



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

www.glseminars.com

A Manual Therapy Approach to Treatment of Headaches

Course Description

Headaches are a very common condition, uncommonly treated by therapists. Clinicians will be confident treating headaches after attending this course.

Treatment approaches include Muscle Energy Technique (MET) to the cervical spine, myofascial release to the neck and head, posture retraining and review of other causes / treatment in a comprehensive approach. The class is evidence-based and every technique is repeated multiple times throughout the class. Clinicians will leave with a strong, comprehensive foundation for treatment of the head and neck.



Stacy Wozniak
PT, DPT, CIMT

Stacy received her doctorate of physical therapy degree from Grand Valley State University. Participating in lifelong learning, Stacy has become a Certified

Integrated Manual Therapist (CIMT) and continues her education throughout different areas of manual therapy. Stacy uses a variety of techniques such as manual therapy, joint and soft tissue mobilization, muscle energy and functional exercise to help return her patients to the highest level of function. Stacy is also the Center Coordinator of Clinical Education for Probility. Stacy also has assisted with teaching continuing education classes across the nation. She enjoys working with a variety of patients including athletes and children. Stacy's interests include spending time with family and friends, playing tennis and volleyball, and traveling.

Course Objectives

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

- Correctly differentiate 4 characteristics of musculoskeletal headaches from other causes
- Identify 4 different referral patterns by vertebral level
- Identify 5 different referral patterns by muscle
- Demonstrate the ability to complete 6 mobilizations of the cervical spine
- Demonstrate the ability to treat 5 myofascial dysfunctions in muscles most commonly causing headache
- Demonstrate the ability to correct 4 mechanical dysfunctions leading to muscle and joint dysfunctions

Course Outline

Saturday

- 7:30am Continental Breakfast
8:00am Lecture: Introduction, functional muscle assessment, action versus function, and muscle synergies
10:15am Lecture: functional synergies, appropriate use of different exercise tools
12:00pm Lunch (on your own)
1:00pm Lab: Functional Exercises for the Upper and lower extremity
3:15pm Lab: Movement assessment - Upper and lower trunk
4:00pm Lab: Case studies for upper extremity
5:00pm Review of Evidence-Based Literature for today's topics
5:30pm Adjourn

Continuing Education

This course has been submitted for 8 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: \$285

Check Payable to: Great Lakes Seminars

VISA MasterCard AMEX Discover

Credit Card Number

□□□□ □□□□ □□□□ □□□□

Expiration Date (Month/ Year)

□□ □□

□□□□

Security Code

Billing Street Address _____

Billing Zip Code _____

Confirmation Letter:

Mail Email Fax

“ I really enjoyed the headache course! I've been using the information and techniques that I learned in my clinic practice. Everything was well organized and I'm looking forward to taking more courses through Great Lakes.

” - Chicago, IL