



## 2020 Course Schedule

- January 11-12, 2020 - Toledo, OH
- February 29-March 1, 2020 - Baltimore, MD

### For More Information:

Phone: 1-800-210-5856

E-MAIL: [info@glseminars.com](mailto: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](http://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](http://www.glseminars.com)



## Treatment of Common Extremity Dysfunction through Mobilization

### 2020



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# Treatment of Common Extremity Dysfunction through Mobilization

## Course Objectives

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

- Accurately explain the rationale for performing joint mobilization and its specific physiological effects
- Explain and correctly demonstrate grading, oscillation techniques and sustained-hold techniques of joint mobilizations
- Accurately identify the joint surface anatomy of each joint discussed in this course.
- Accurately explain the application of the joint surface anatomy to the mechanics of each joint discussed in this course
- Demonstrate proper extremity mobilization technique, hand placement, and body mechanics during lab scenarios



**Jeff Garbacz,**  
PT, DPT, CIMT

Jeff began his education as a physical therapist at Albion College where he received a B.A. in Sports Medicine with an emphasis on Biomechanics. He went onto the University of Michigan to receive his Doctorate of Physical Therapy. Jeff has extensive clinical experience working with the orthopedic population. He utilizes manual therapy in combination with a functionally based exercise to allow his patients to return to their prior functional level. Jeff's philosophy in treating patients involves finding the origin of the problem versus treating the symptoms, allowing problems to go away and stay away. Jeff has trained the primary instructors for the Knee and Shoulder courses and is the primary instructor for the Extremity Mobilization course for Great Lakes Seminars. Jeff is the Director of Operations for Advanced Physical Therapy in Southfield, MI.

## Course Outline

### Saturday

- 7:30am Continental Breakfast  
8:00am Lecture: Introduction, overview of anatomy, biomechanics, mobilizations  
10:15am Lecture: Discussion of hypertonicity vs adaptive shortening, tendinosis vs. tendinitis, muscle weakness vs muscle inhibition  
12:00pm Lunch (on your own)  
1:00pm Lab: The shoulder complex mobilizations  
4:30pm Lab: Review  
5:00pm Lab: Review of Evidence-Based Literature  
5:30pm Adjourn

### Sunday

- 7:30am Continental Breakfast  
8:00am Lab: Speed mobilizations  
8:30am Lab: The elbow complex mobilizations  
10:00am Lab: MFR of the Foot / Ankle Complex  
11:15am Lab: The hip complex mobilizations  
12:00pm Lunch (on your own)  
1:00pm Lab: The knee complex mobilizations  
2:00pm Lab: Orthotic Discussion and Demonstration  
3:00pm Lab: The foot/ankle complex mobilizations  
4:15pm Lab: Review  
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](http://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  
[ ][ ][ ][ ] [ ][ ][ ][ ] [ ][ ][ ][ ] [ ][ ][ ][ ]

Expiration Date (Month/ Year) [ ][ ] [ ][ ] Security Code [ ][ ][ ][ ]

Billing Street Address \_\_\_\_\_ Billing Zip Code \_\_\_\_\_

Confirmation Letter:  
 Mail  Email  Fax

“ I loved how hands on the course was. I loved how each technique was shown and identified as useful for specific patient palpations. ” - Seattle, WA