



**For More Information:**

Phone: 1-800-210-5856

E-mail: [info@glseminars.com](mailto:info@glseminars.com)

Payment in full is due with registration and there is a non-refundable cancellation fee of \$50. There will be no refunds given within two weeks (14 calendar days) of the seminar. Great Lakes Seminars reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of a cancellation Great Lakes Seminars will not be responsible for any charges incurred by the registrant other than the course cost.

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.

**2021 Course Schedule**

- April 17-18, 2021 - Philadelphia, PA
- August 21-22, 2021 - Newark, NJ
- September 11-12, 2021 - Virginia Beach, VA
- October 9-10, 2021 - Grand Rapids, MI
- October 30-21, 2021 - San Francisco, CA
- November 13-14, 2021 - Asheville, NC

2768 Centennial Road  
Toledo, OH 43617  
800-210-5856  
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**Comprehensive  
Treatment of the  
Shoulder**

**2021**



We Don't Just Teach. We Inspire.

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Practice new techniques  
with confidence

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Learn from specialized  
instructors who truly care

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Be part of a fun weekend  
that will fly by

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# Comprehensive Treatment of the Shoulder

## Course Objectives

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

- accurately describe anatomical structures covered in the manual and their application to shoulder joint complex mechanics, shoulder movement and shoulder dysfunction.
- accurately describe the treatment concepts for shoulder joint mobilizations and myofascial release of the shoulder as discussed in the manual.
- state the 5 treatment principles for shoulder taping.
- independently discuss strengthening and movement re-education.
- demonstrate each of the 8 joint mobilizations, 5 taping techniques, and 7 myofascial release techniques as shown in the course manual with proficiency and skill.

## Topics and Regions Covered

- Mobilization: S-C joint, A-C joint, scap-thor joint, G-H joint
- MFR: Crossed-hand techniques, extremity release techniques, cervical-thoracic releases, scar releases
- Taping: posterior humeral head relocation, MDI stabilization, UT inhibition, LT facilitation, A-C joint stabilization



**Mike Antal,**  
MPT, CIMT, CSCS

Mike received his Masters in Physical Therapy from Oakland University in Rochester, Michigan in 1997. He has also received his CIMT through Great Lakes Seminars and his CSCS through the National Strength and Conditioning Association. Mike is currently the director of an outpatient orthopedic clinic

treating a variety of orthopedic dysfunctions with specialization in post-surgical orthopedic rehabilitation. Mike employs a diverse treatment approach utilizing a combination of joint mobilization techniques, muscle energy and myofascial release. He joined the Great Lakes Seminars team in 2006 after taking a number of the GLS courses and experiencing the effectiveness of these techniques with his patients. He continues to expand his knowledge in manual therapy through teaching and continuing education courses.

## Course Outline

### Saturday

- 7:30am Continental Breakfast  
8:00am Lecture: Introduction to a comprehensive approach to treatment of the shoulder  
9:00am Lecture: Overview of anatomy of the shoulder complex and its effect on Mobs, MFR, etc.  
10:00am Lecture: Introduction and review of the concepts of functional joint mobilization, MFR, joint taping and muscular re-education  
11:00am Lab: Mobilization: S-C joint, Upslips  
12:00pm Lunch (on your own)  
1:00pm Lab: Mobilization: A-C joint and scap-thor joint  
3:15pm Lab: Mobilization: GH Joint, 1st Rib, T-Spine  
5:00pm Review of Evidence-Based Literature for today's topics  
5:30pm Adjourn

### Sunday

- 7:30am Continental Breakfast  
8:00am Lab: Crossed-hand techniques, extremity release techniques  
10:15am Lab: MFR: Cervical-thoracic releases  
12:00pm Lunch (on your own)  
1:00pm Lab: Taping: MDI, UT inhibition, LT facilitation, A-C joint stabilization  
3:30pm Lab: Speed mobilizations  
4:00pm Lab: Application to specific clinical situations  
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](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 \_\_\_\_\_  
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Course Location: \_\_\_\_\_  
Course Fee: \$575

Check Payable to: Great Lakes Seminars

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

Confirmation Letter:  
 Mail  Email  Fax

“ Mike was very approachable and fun - very knowledgeable. Great pace. I would definitely take another course! ”

- Washington, DC