



For More Information:

Phone: 1-800-210-5856

E-mail: 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 for more details.

2021 Course Schedule

- May 22-23, 2021 - Indianapolis, IN
- August 21-22, 2021 - Columbus, OH
- October 9-10, 2021 - Charleston, WV

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



**Building Better
Balance**

2021



We Don't Just Teach. We Inspire.

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Practice new techniques
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Learn from specialized
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Be part of a fun weekend
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Building Better Balance

Course Objectives

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

- correctly perform 12 relevant manual therapy techniques which may improve postural control or address impairments associated with balance dysfunction.
- verbally identify signs and symptoms of benign paroxysmal positional vertigo.
- correctly perform the Dix Hallpike test and the Canlith Repositioning Maneuver to address posterior/anterior semicircular canal dysfunction.
- correctly perform the Supine-Roll test and the Appiani Treatment to address horizontal semicircular canal dysfunction.
- correctly perform five tai chi forms or exercises.
- correctly perform at least 20 exercises which may promote the development of strength, power, flexibility, and balance.
- given the findings of a case study, develop a comprehensive balance rehabilitation regimen.



Brian Owens,
PT, DPT, CIMT

Brian earned a Bachelor of Science Degree in Exercise Science at Ithaca College in 2002 and later received a Doctorate in Physical Therapy in 2007 at Arcadia University in Glenside, PA. He began his career within the Acute Care setting, but has dedicated several years to clinical practice within an outpatient

orthopedics environment. In 2011, Brian earned distinction as a Certified Integrated Manual Therapist (CIMT) with Great Lakes Seminars. His treatment strategy employs a diverse approach to manual therapy and therapeutic exercise in patients of all ages. He enjoys linking the rehabilitation efforts of his patients to functional performance and is passionate about providing exceptional clinical care. Brian joined Great Lakes Seminars in 2012 to assist with the Advanced Dynamic Anatomy, Sacroiliac, Lumbar, Cervical-Thoracic and Functional Strength courses. He currently resides in Northern New Jersey with his wife and children.

Course Outline

Saturday

- 7:30am Continental Breakfast, Pre-Test
8:00am Lecture: Postural control overview, anatomy and physiology of balance systems

10:45am Lecture: BPPV
11:30am Lab: Muscle strength / power training, Tai-Chi
12:00pm Lunch (on your own)
1:00pm Lab: BPPV treatment and nystagmus overview (oculomotor exam, Hallpike-Dix, Canalith Repositioning Maneuver, Supine Roll Test, Appiani Treatment, Repositioning Maneuver, Supine Roll Test, Appiani Treatment
2:00pm Lab: Joint mobilization (AA, OA, rib cage)
3:15pm Lab: Lower extremity joint mobilization - Hip (extension / neutral)
3:45pm Lab: Lower extremity joint mobilization - Knee (patellofemoral joint, tibiofemoral joint)
4:30pm Lab: Review and speed mobilization
5:00pm Lab: Review of Evidence-Based Literature
5:30pm Adjourn

Sunday

- 7:30am Continental Breakfast
8:00am Lab: Review and speed mobilizations (suboccipital group, trunk - anterior cervical/thorax)
9:30am Lab: Lower extremity joint mobilization (ankle - distal tibiofibular joint, talocrural joint)
10:00am Lab: MFR (pectoralis major, knee - articularis genu, lower leg - gastrocnemius and soleus)
11:30am Lab: Tai Chi
12:00pm Lunch (on your own)
1:00pm Lab: Tai Chi sequence / group instruction
2:00pm Lab: Balance basics
2:30pm Lab: Strength / Power Training
4:00pm Lab: Case presentation, Independent thinking and facilitated group review

4:30pm Lab: Question/answer session, post test, self selection
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. This course content is not intended for use by participants outside the scope of their license or regulation.

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

Expiration Date (Month/ Year)

Security Code

Billing Street Address _____

Billing Zip Code _____

Confirmation Letter:

Mail Email Fax

“ It was a fantastic course and Brian Owens was an excellent instructor. All of our employees who attended all had positive things to say about the course and I have already seen several concepts from the class practiced in the clinic today! ”

- Raleigh, NC