



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.

2022 Course Schedule

- February 12-13, 2022 - Baltimore, MD
- March 5-6, 2022 - Rockford, IL
- March 19-20, 2022 - Minneapolis, MN
- April 23-24, 2022 - Nashville, TN
- May 14-15, 2022 - Tulsa, OK
- June 11-12, 2022 - East Windsor, NJ
- August 6-7, 2022 - Seattle, WA
- September 10-11, 2022 - Billings/Missoula, MT
- November 19-20, 2022 - Columbus, OH

Please check our website for the most updated schedule: www.glseminars.com



Treatment of the Lumbar Complex

2022



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

Treatment of the Lumbar Complex

About the Course

Gain a thorough and in-depth understanding of the lumbar spine complex. It is evidence based and incorporates muscle energy technique, articular mobilization, myofascial release and stabilization exercises to give you a multi-faceted approach that gives you all the tools to treat this area with confidence.

Course Objectives

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

- Correctly and independently perform 28 lumbar mobilization techniques
- Correctly and independently identify specific effects of Muscle Energy Technique, direct articulations, and manipulations
- Correctly demonstrate palpation, use of testing techniques, and application of specific mobilizations and releases of the lumbar complex
- Quickly correlate multiple positive tests to ascertain a correct assessment of lumbar dysfunction

Jim Herman, PT, MPT, MS, CIMT

Jim received his Masters degrees in Kinesiology and Physical Therapy from the University of Nevada, Las Vegas in 1997 and 2000 respectively. As a graduate assistant at UNLV, he instructed anatomy and physiology lab sections as well as courses in fitness walking and aquatics. Since graduating, Jim spent two years teaching spinal orthopaedics and pathological conditions as an adjunct instructor in the Physical Therapy Assistant program at Henry Ford Community College. Clinically, Jim has worked primarily in outpatient orthopaedics, including five years with Patrick Hoban at Probility Physical Therapy. Recently, Jim relocated to South Carolina and is supervisor of Blythewood Physical Therapy. He joined Great Lakes Seminars in 2003 to assist with instruction of the Lumbar Complex, Sacroiliac, and Cervical Thoracic courses and has been a primary instructor for the past five years.

Course Outline

Saturday	
7:30am	Continental Breakfast
8:00am	Lecture: Introduction and Principals of Treatment
9:30am	Lecture: Types of Dysfunctions
10:15am	Lecture: Review of Anatomy
11:00am	Lab: Assessment Techniques: Lumbar Dysfunctions & Soft Tissue
12:00pm	Lunch (on your own)
1:00pm	Lab: Palpation of Muscles
2:00pm	Lab: Lumbar spine assessment
3:45pm	Lab: Treatment Lumbar Spine: Leg Pull
4:30pm	Lab: Treatment of Lumbar Spine Flexion Dysfunctions
5:00pm	Lab: Review of Evidence-Based Literature
5:30pm	Adjourn
Sunday	
7:30am	Continental Breakfast
8:00am	Review
8:30am	Lab: Treatment of Lumbar Spine Flexion Dysfunctions
9:30am	Lab: Treatment of Lumbar Spine Extension Dysfunctions
10:30am	Lab: Treatment of Lumbar Spine Type I Dysfunctions
11:00am	Lab: Review of Myofascial Release and Soft Tissue Mobilization
11:30pm	Lab: MFR and STM of Erector Spinae
12:00pm	Lunch (on your own)
1:00pm	Lab: MFR and STM of Multifidus
1:30pm	Lab: Lab: MFR and STM of Quadratus, Lumborum, Piriformis, Psoas and Iliacus
3:15pm	Lab: Spinal Exercise Stabilization and Transverse Abdominus
4:00pm	Lab: Speed Mobilization and Clinical Application
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 or fill out this form and fax to (800) 889-0358 or mail with payment to: 2768 Centennial Road, Toledo, OH 43617.

Name _____

Address _____

Phone _____

E-mail _____

Discipline _____ Fax _____

Course Location: _____

Course Fee: \$650

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 _____

“ It was a good balance of lecture, demonstration and practice throughout. Hand on manual techniques were great! ”

- Ramsey, MN