



For More Information:

Phone: 419-969-6099

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 2 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 visit www.glseminars.com for more details.

2024 Course Schedule

- March 2-3, 2024 - Paramus, NJ
- September 7-8, 2024 - Philadelphia, PA
- November 2-3, 2024 - Seattle, WA
- November 23-24, 2024 - Toledo, OH or Live Hybrid

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



Building Better Balance

2024



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

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



Justin Diebold,
PT, DPT, CIMT

Justin received his Bachelor's in Integrative Physiology in 2012 from the University of Colorado - Boulder, where he played trumpet in the Golden Buffalo Marching Band. He went on to complete his Doctorate in Physical Therapy from the University of Michigan - Flint in 2016. As a Certified

Integrated Manual Therapist, Justin is credentialed through Great Lakes Seminars to assess mechanical dysfunction and to treat with a comprehensive approach. He uses this approach to treat patients with orthopedic, balance, and vestibular impairments. He is passionate about high quality patient education to promote patient autonomy and motivation. He is a clinic director of an outpatient orthopedic clinic in Southeast Michigan. Justin loves to play music and enjoys spending his time camping and hiking with his wife and two dogs.

Course Outline

Saturday

- 7:30am Doors open
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 Doors open
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 relection
5:00pm Adjourn

Continuing Education

Our courses are submitted for continuing education approval in the state in which they are held. Please check www.glseminars.com to ensure that the course you are planning to attend is approved in your state. Certificates of completion with the number of course hours will be emailed to attendees after the completion of each course.

REGISTER TODAY!

Register online at www.glseminars.com or fill out this form and fax to (419) 730-1216 or mail with payment to: 2768 Centennial Road, Toledo, OH 43617.

Name	
Address	
Phone	
E-mail	
Discipline	Fax
Course Location:	
Course Date:	
Course Fee: \$650	
<input type="checkbox"/> Check Payable to: Great Lakes Seminars	
<input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX <input type="checkbox"/> Discover	
Credit Card Number	
Expiration Date (Month/Year)	
Security Code	
Billing Street Address	Billing Zip Code

“ It was a fantastic course and had 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