



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

- January 6-7, 2024 – Mercerville, NJ
- February 24-25, 2024 – Annapolis, MD
- August 24-25, 2024 – Chicago, IL
- October 12-13, 2024 – Detroit, MI
- November 2-3, 2024 – Toledo, OH or Live Hybrid

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



**Mobilization of the
Cervical and Thoracic
Spine and Ribs**

2024



We Don't Just Teach. We Inspire.

75% Hands-On Training
Practice new techniques
with confidence

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Learn from specialized
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Be part of a fun weekend
that will fly by

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Mobilization of the Cervical and Thoracic Spine and Ribs

Course Objectives

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

- Correctly describe the normal and abnormal biomechanics of the vertebrae in the upper cervical spine (OA, AA), lower cervical spine (C2-7), thoracic spine (T1-T2) and ribs
- Confidently describe 5 specific spinal and rib anatomical structures
- Correctly describe the neurophysiological mechanism behind muscle energy technique (MET)
- Correctly and confidently identify 3 key components necessary to administer proper MET
- Through the discussion of relevant evidence based research, support the use of METs/mobilization and manipulations to the cervical and thoracic spine and ribs for specific diagnoses
- Through the use of 3 varying case studies, correctly demonstrate a systematic approach for the treatment progression through the cervical and thoracic spine and rib complex
- Demonstrate the appropriate force direction for 5 specific MET/mobilization and manipulations



John Duncombe,
PT, DPT, MSPT, OCS, CIMT, CSCS, GCS

John received his Master's of Physical Therapy degree from the University of Wisconsin - Madison in 2001. He obtained his Doctorate in Physical Therapy through the Evidence in Motion Institute of Health Professions (EIM) while simultaneously finishing a 2 year Orthopedic Residency program with EIM. He

is board certified as an Orthopedic Clinical Specialist from the American Physical Therapy Association. While at the University of Wisconsin he became a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association as well as a Golf Conditioning Specialist. John treats a vast array of outpatient orthopedic dysfunctions, looking at a wide variety of structures, tissues, and systems that may be contributing to the source of symptoms. His special interests are in post-surgical shoulder and knee patients, cervical-thoracic injuries, and runners with varying types of lower extremity dysfunctions. John currently works for Team Rehabilitation Physical Therapy and is the clinic director and owner of an outpatient orthopedic clinic in the northern suburbs of Chicago.

Course Outline

Saturday

- 7:30am Doors open
8:00am Lecture: Introduction, Overview of MET and Joint Articulations, Anatomy, Biomechanics, Spinal Kinematics, Types of Dysfunctions, Treatment Principles
10:30am Lecture: Rib Dysfunctions
11:00am Lab: Cervical - Thoracic screening tests
12:00pm Lunch (on your own)
1:00pm Lab: Thoracic Spine; Type II Flexion and Extension Lesions
3:15pm Lab: Thoracic Spine: Type I Neutral Spine Lesions and Type II Lesions
4:15pm Review of Evidence-Based Literature for today's topics
5:00pm Adjourn

Sunday

- 7:30am Doors open
8:00am Lab: Review of Type II Dysfunctions in Cervical and Thoracic Spine
8:45am Lab: Upper Cervical Screening Tests, AA Jt Dysfunctions
10:15am Lab: OA Jt Dysfunctions
11:15am Lab: Structural Rib Dysfunctions
12:00pm Lunch (on your own)
1:00pm Cont. Structural Rib Dysfunctions
3:45pm Case Studies/Speed Mobilizations
4:30pm Review of Evidence-Based Literature for today's topics
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.

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“ The instructors are superb and obviously love what they do. Because of your courses, I have taken my clinical skills to a whole new level. ”

- Virginia Beach Resident