



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

- April 20, 2024 - Novato, CA
- September 7, 2024 - Toledo, OH or Live Hybrid
- December 14, 2024 - Chicago, IL

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



**Corrective Exercise:
Assessing Movement
and Treatment
Strategies to Enhance
Exercise**

2024



We Don't Just Teach. We Inspire.

75% Hands-On Training
Practice new techniques
with confidence

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The GLS Experience
Be part of a fun weekend
that will fly by

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Corrective Exercise: Assessing Movement and Treatment Strategies to Enhance Exercise

Course Description

This course will empower you to think critically beyond traditional exercises to create and enhance individualized rehab programs to best serve your patients. You'll learn the concepts of neuroplasticity and stability motor control to help to enhance patient outcomes through exercise, as well as the "why" behind each exercise so you can confidently apply techniques to particular patient needs. By the end of the day, you'll be able to incorporate movement analysis, corrective exercise techniques, and motor control retraining to customize your rehab programs and effectively progress your patients toward their specific goals. Plus, we'll cover feedback learning strategies for crystal clear communication between you and your patients through it all.

Robyn Meyers MS, AT, ATC

Robyn graduated from the University of Arkansas with a Master's degree in Kinesiology-Athletic Training and the University of Wisconsin-Oshkosh with a Bachelor's degree in Exercise Science & Health Promotion. She is a licensed Athletic Trainer with a wide range of experience working in high school athletics, collegiate athletics, and outpatient physical therapy. Robyn has assisted with over 10 different GLS courses across the nation since 2018. She is passionate about helping patients feel empowered to achieve their goals and utilizes a holistic integrative treatment approach. Robyn currently works at Trinity Health Probiity Physical Therapy.

Course Objectives

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

- Learn to effectively progress exercises systematically towards patient individualized goals
- Understand neuroplasticity and stability motor control concepts to enhance patient outcomes with exercise
- Implement impactful and effective communication strategies to improve patient centered feedback
- Identify possible movement dysfunctions and incorporate corrective exercise treatment techniques
- Accurately describe the significance and application of the test-treat-retest concept
- Learn a treatment framework for corrective exercise prescription

Course Outline

Saturday

- 7:30am Doors Open
8:00am Lecture: Introduction and Components of Corrective Exercise
9:00am Lecture and Lab: Neuroplasticity and Stability Motor Control
10:00am Lecture and Lab: Communication Strategies - Feedback & Motor Learning
11:00am Lecture: Fundamentals and Treatment Principles of Exercise Progression
12:00pm Lunch (On your own)
1:00pm Lecture and Lab: Movement Dysfunction and Assessment
2:30pm Lecture and Lab: Corrective Exercises and Case Studies
4:30pm Questions, Post-Test, and Course Evaluation
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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Course Location: _____	
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