



**For More Information:**

Phone: 419-969-6099

E-mail: [info@glseminars.com](mailto: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](http://www.glseminars.com) for more details.

**2024 Course Schedule**

- April 27-28, 2024 – Chicago, IL
- July 13-14, 2024 – Toledo, OH or Live Hybrid
- September 21-22, 2024 – San Francisco, CA

Please check our website for the most updated schedule: [www.glseminars.com](http://www.glseminars.com)



**Treatment of Common  
Extremity Dysfunction  
through Mobilization**

**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

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# Treatment of Common Extremity Dysfunction through Mobilization

## Course Objectives

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

- Accurately explain the rationale for performing joint mobilization and its specific physiological effects
- Explain and correctly demonstrate grading, oscillation techniques and sustained-hold techniques of joint mobilizations
- Accurately identify the joint surface anatomy of each joint discussed in this course
- Accurately explain the application of the joint surface anatomy to the mechanics of each joint discussed in this course
- Demonstrate proper extremity mobilization technique, hand placement, and body mechanics during lab scenarios



**Jeff Garbacz,**  
PT, DPT, CIMT

Jeff began his education as a physical therapist at Albion College where he received a B.A. in Sports Medicine with an emphasis on Biomechanics. He went onto the University of Michigan to receive his Doctorate of Physical Therapy. Jeff has extensive clinical experience working with the orthopedic population. He utilizes manual therapy in combination with a functionally based exercise to allow his patients to return to their prior functional level. Jeff's philosophy in treating patients involves finding the origin of the problem versus treating the symptoms, allowing problems to go away and stay away. Jeff has trained the primary instructors for the Knee and Shoulder courses and is the primary instructor for the Extremity Mobilization course for Great Lakes Seminars. Jeff is the Director of Operations for Advanced Physical Therapy in Southfield, MI.

## Course Outline

### Saturday

- 7:30am Doors open
- 8:00am Lecture: Introduction, overview of anatomy, biomechanics, mobilizations
- 10:15am Lecture: Discussion of hypertonicity vs adaptive shortening, tendinosis vs. tendinitis, muscle weakness vs muscle inhibition
- 12:00pm Lunch (on your own)
- 1:00pm Lab: The shoulder complex mobilizations
- 4:30pm Lab: Review
- 5:00pm Lab: Review of Evidence-Based Literature
- 5:30pm Adjourn

### Sunday

- 7:30am Doors open
- 8:00am Lab: Speed mobilizations
- 8:30am Lab: The elbow complex mobilizations
- 10:00am Lab: MFR of the Foot / Ankle Complex
- 11:15am Lab: The hip complex mobilizations
- 12:00pm Lunch (on your own)
- 1:00pm Lab: The knee complex mobilizations
- 2:00pm Lab: Orthotic Discussion and Demonstration
- 3:00pm Lab: The foot/ankle complex mobilizations
- 4:15pm Lab: Review
- 4:30pm Lab: Review of Evidence-Based Literature
- 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](http://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](http://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	
<input type="text"/>	<input type="text"/>
Expiration Date (Month/Year)	
<input type="text"/>	<input type="text"/>
Security Code	
Billing Street Address _____	
Billing Zip Code _____	

**"** I loved how hands on the course was. I loved how each technique was shown and identified as useful for specific patient palpations. **"** - Seattle, WA