



**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**

- March 16, 2024 - Kalamazoo, MI
- May 4, 2024 - Toledo, OH or Live Hybrid
- October 5, 2024 - Seattle, WA
- November 9, 2024 - Center Valley, PA
- November 23, 2024 - Hagerstown, MD

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



**A Manual Therapy  
Approach to Treatment  
of Headaches**

**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](http://www.glseminars.com)

# A Manual Therapy Approach to Treatment of Headaches

## Course Description

Headaches can be very overwhelming because they are multi-faceted, involve many systems, and affect up to 75% of people. This course will provide information and treatments allowing you to give more patients headache free days.

This 1-day course focuses on taking a very common condition that is not commonly treated by therapists and shows clinicians how to become comfortable treating it. Treatment approaches include Muscle Energy Technique (MET) to the cervical spine, myofascial release to the neck and head, posture retraining and review of other causes/treatments in a comprehensive approach. This course is evidence-based and every technique is repeated multiple times so each participant has the chance to learn them well. When you leave this course, you'll walk away with a comprehensive and strong foundation for treatment of the head and neck.



### Stacy Wozniak

PT, DPT, CIMT

Stacy received her doctorate of physical therapy degree from Grand Valley State University. Participating in lifelong learning, Stacy has become a Certified

Integrated Manual Therapist (CIMT) and continues her education throughout different areas of manual therapy. Stacy uses a variety of techniques such as manual therapy, joint and soft tissue mobilization, muscle energy and functional exercise to help return her patients to the highest level of function. Stacy is also the Center Coordinator of Clinical Education for Probility. Stacy also has assisted with teaching continuing education classes across the nation. She enjoys working with a variety of patients including athletes and children. Stacy's interests include spending time with family and friends, playing tennis and volleyball, and traveling.

## Course Objectives

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

- Correctly differentiate 4 characteristics of musculoskeletal headaches from other causes
- Identify 4 different referral patterns by vertebral level
- Identify 5 different referral patterns by muscle
- Demonstrate the ability to complete 6 mobilizations of the cervical spine
- Demonstrate the ability to treat 5 myofascial dysfunctions in muscles most commonly causing headache
- Demonstrate the ability to correct 4 mechanical dysfunctions leading to muscle and joint dysfunctions

## Course Outline

### Saturday

- 7:30am Doors open
- 8:00am Lecture: Introduction, functional muscle assessment, action versus function, and muscle synergies
- 10:15am Lecture: Functional synergies, appropriate use of different exercise tools
- 12:00pm Lunch (on your own)
- 1:00pm Lab: Functional Exercises for the upper and lower extremity
- 3:15pm Lab: Movement assessment for the upper and lower trunk
- 4:00pm Lab: Case studies for upper extremity
- 5:00pm Review of evidence-based literature for today's topics
- 5:30pm 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.

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Address \_\_\_\_\_  
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Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Discipline \_\_\_\_\_

Fax \_\_\_\_\_

Course Location: \_\_\_\_\_

Course Date: \_\_\_\_\_

Course Fee: \$350

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Security Code

Billing Street Address \_\_\_\_\_

Billing Zip Code \_\_\_\_\_

“ I really enjoyed the headache course! I've been using the information and techniques that I learned in my clinic practice. Everything was well organized and I'm looking forward to taking more courses through Great Lakes.

” - Chicago, IL