



**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**

- January 13-14, 2024 - Newark, NJ
- March 9-10, 2024 - Nashville, TN
- July 13-14, 2024 - Scottsdale, AZ
- November 9-10, 2024 - Richmond, VA

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



**Comprehensive  
Treatment of the  
Hip: From the  
Spine to the Foot**

**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)

# Comprehensive Treatment of the Hip: From the Spine to the Foot

## Course Objectives

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

- Correctly describe the normal and abnormal biomechanics of at least 5 specific joints involving the lower extremities and pelvis
- Correctly describe the neurophysiological mechanism behind muscle energy technique (MET)
- Correctly demonstrate 2 lumbo-pelvic, 2 hip and 3 lower extremity joint mobilizations
- Correctly demonstrate at least 4 components in a systematic approach and treatment progression of the hip complex
- Correctly state 8 key anatomical structures of the lower quadrant (lumbo-pelvic, hip, knee, ankle/foot) and their application to joint mechanics, movement and dysfunction



**Steve Sanders,**  
PT, DPT, MSPT, CIMT

Steven graduated with a B.S. in Health Science, Minor in Sports Medicine/Athletic Training at Northern Illinois University in 1992. While representing his school on a swimming scholarship he gained experience working with high school, college and professional athletes. Upon graduation, Steven transferred into and

completed his M.S. in Physical Therapy from D'Youville College in Buffalo, NY. Graduating in 1996, he then worked as a travel therapist while attending higher education with emphasis on becoming a foot and ankle clinical specialist. He eventually settled into Tucson, AZ, where he continued his pursuit for higher education, ultimately graduating from the University of St. Augustine with a D.P.T. (manual therapy tract) in 2006. Steven became a Certified Integrative Manual Therapist through Great Lakes Seminars in 2009. During this process, he developed an appreciation and passion for treating cervical-thoracic dysfunctions. Steven has had a range of field and clinical experience, specializing in orthopedic injuries and post surgical conditions. He treats all regions of the body in his practice and emphasizes the principles of restoring and re-educating normal myofascial and musculoskeletal balance. He currently works at the Progressive Physical Therapy and Wellness Center Green Valley, AZ, of which he is part owner.

## About the Course

Learn an entirely new and comprehensive way to treat the hip! This evidence-based seminar show evaluation and treatment techniques from the thoracolumbar junction, to the pelvis, hip, and all the way to the foot. You'll never look at the hip and lower quarter of the body the same way.

## Course Outline

### Saturday

- 7:30am Doors Open  
8:00am Lecture: Introduction, Overview of Anatomy, Lumbopelvic/Hip/Lower Quarter Biomechanics, Overview of Mobilization Types Utilized, Review of Fascia  
10:15am Lecture: Lumbo-Pelvic Biomechanical Effects on the Hip  
11:30am Lecture: Foot Effects on the Hip  
12:00pm Lunch (on your own)  
1:00pm Lab: Assessment and Palpation of the Lumbo-Pelvic Complex  
2:45pm Lab: MET/Joint Mobilizations of Lumbo-Pelvic Complex - Thoraco-Lumbar Junction, Sacrum, Ilium  
4:30pm Review of Evidence-Based Literature for Today's Topics  
5:30pm Adjourn

### Sunday

- 7:30am Doors Open  
8:00am Review and Testing of Saturday Material/Techniques  
9:00am Lab: Hip Mobilizations and MFR of the Hip Joint  
10:00am Lab: MFR of the Hip Musculature and Fascia  
12:00pm Lunch (on your own)  
1:00pm Lab: Mobilizations of the Foot/Ankle Complex - Distal Tib-Fib and Talocrural  
2:00pm Case Studies  
3:30pm Review and Testing of Today's Techniques  
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](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 _____	
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Course Location: _____	
Course Date: _____	
Course Fee: \$650	
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Credit Card Number	
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Expiration Date (Month/Year)	
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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