



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

- March 23-24, 2024 - Toledo, OH or Live Hybrid
- May 18-19, 2024 - Boston, MA
- October 26-27, 2024 - Nashville, TN

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



**Comprehensive
Treatment of the
Knee**

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

Comprehensive Treatment of the Knee

Course Objectives

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

- Correctly state 4 key anatomical structures and their application to joint mechanics, movement and dysfunction
- State the 7 key treatment principles for joint mobilizations and 4 treatment principles for taping and orthotic therapy
- Independently discuss 4 treatment concepts for myofascial release of the knee complex
- State the key treatment concepts for strengthening and balance re-education as outlined in the course manual
- Demonstrate each of the myofascial release techniques, joint mobilizations, taping and orthotic therapy techniques and each of the strengthening and balance re-education exercises as shown in the course manual with proficiency and skill



Scott W. Braje,
PT, MPT, CIMT

Scott graduated from Colorado State University in 1997 with a B.S. in Exercise and Sport Science, a Minor in Anatomy and Neurobiology, a concentration in Wellness Program Management, and an emphasis in Cardiac Rehabilitation. He then moved out to San Francisco and obtained his CSCS while interning under the (former) president of the National Strength and Conditioning Association while engaging in high level athletic performance training. He obtained his Masters in Physical Therapy from Andrews University in Dayton, OH in 2000 and has worked in outpatient orthopedic physical therapy clinics ever since. He began working with Great Lakes in 2004, and, as consistent with Great Lakes philosophy, he uses a test, treat, re-test focus on each treatment to determine the proper course of action in achieving maximal results with each patient. Scott is presently the Clinic Director of the Physical Therapy Department at a multi-disciplinary Pain and Wellness Center in the North Shore of Boston.

Course Outline

Saturday

- 7:30am Doors Open
8:00am Lecture: Introduction, Overview of Anatomy, Biomechanics, Mobilizations, Fascia, and Taping
10:15am Lecture: Meniscal Movements, Length-Tension Relationship Discussion, Infrapatellar Fat Pads, Functional Analysis of the Lower Extremity
12:00pm Lunch (on your own)
1:00pm Lab: Assessment and Palpation of the Knee Complex
2:45pm Lab: Joint Mobilizations: Patella-Femoral, Tibio-Femoral, Proximal and Distal Tib-Fib, Talo-Crual, and Meniscal Mobilizations
4:30pm Lab: Review
5:00pm Review of Evidence-Based Literature
5:30pm Adjourn

Sunday

- 7:30am Doors Open
8:00am Review and Discussion of Pull Pain versus Pinch Pain
8:30am Lab: Speed Mobilizations
9:00am Lab: Mobilizations and MET for the Pelvis
10:45am Lab: MFR
11:45am Lab: Taping: Patella
12:00pm Lunch (on your own)
1:00pm Lab: Taping: Patella (cont'd) Counterforce Bracing, Fat Pad Lifting, Proximal and Distal Tib-Fib, Modified Low-Dye
3:00pm Lab: Case Studies and Speed Mobilizations
4:15pm Lab: Review
4:30pm 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 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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“ There were many techniques that increase ROM for patients who nothing seems to work for. I will try these on Monday! ”

- Fargo, NC