



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

- February 24-25, 2024 - Portland, OR
- June 1-2, 2024 - Kalamazoo, MI
- October 19-20, 2024 - North Branch, MN
- December 14-15, 2024 - Norfolk, VA

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



Rehabbing the Runner

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

Rehabbing the Runner

Course Objectives

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

- Correctly state 8 key biomechanical foundations of correct running
- Correctly state 8 key biomechanical faults seen in runners
- Correctly demonstrate 8 key treatment techniques for joint mobilizations to improve biomechanics with runners
- Correctly demonstrate 6 treatment techniques for myofascial release to decrease stress on the hip
- Correctly instruct a person in 5 exercises to improve a runner's gait, biomechanics and where they are getting their power from
- Create a running program that addresses running load, rest, speed, endurance and power post-injury and for the running athlete

Marcus Lewis

PT, DPT, CIMT

Marcus received his Doctorate in Physical Therapy from the University of Michigan-Flint in 2018 and has since been working in the greater Ann Arbor area with Probility Physical Therapy. He is currently the clinic director at an outpatient orthopedic Probility clinic in Livonia. He became a Certified Integrative Manual Therapist (CIMT) in 2021 and began teaching with Great Lakes Seminars later that year. Marcus specializes in a holistic treatment approach with focus on several types of manual therapy, including myofascial release, muscle energy techniques, and joint mobilization with and without movement. His treatment philosophy involves finding and fixing dysfunction, re-training the body, strengthening, and optimization. Marcus has a passion for working with athletes focused on both weightlifting and running. When he's outside of the clinic, he can often be found in northern Michigan enjoying life on the water or on the trails with his wife and dog.

About the Course

Treating runners is a fun yet often complex biomechanical task. This seminar will allow you to assess and treat the runner in an integrative and comprehensive way!

Course Outline

Saturday

- 7:30am Doors open
- 8:00am Lecture: Running over the years - How conceptual models have changed
- 9:00am Lecture: Overview of anatomy and lower quarter biomechanics
- 10:15am Lecture: Biomechanics of normal and abnormal running
- 12:00pm Lunch (on your own)
- 1:00pm Lab: Gait assessment
- 2:45pm Lab: Gait retraining
- 4:30pm Review of today's lecture concepts
- 5:00pm Review of evidence-based literature for today's topics
- 5:30pm Adjourn

Sunday

- 7:30am Doors open
- 8:00am Review and testing of Day 1 material and techniques
- 9:00am Lab: Lower quarter mobilizations for runners
- 10:00am Lab: Lower quarter MFR for runners
- 12:00pm Lunch (on your own)
- 1:00pm Lab: Exercises for runners
- 3:00pm Running progressions and training programs
- 4:00pm Review of case studies
- 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 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.

Name _____

Address _____

Phone _____

E-mail _____

Discipline _____ Fax _____

Course Location: _____

Course Date: _____

Course Fee: \$650

Check Payable to: Great Lakes Seminars

VISA MasterCard AMEX Discover

Credit Card Number

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Expiration Date (Month/Year)

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Security Code

Billing Street Address _____

Billing Zip Code _____