



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

- January 20-21, 2024 - Portland, OR
- April 6-7, 2024 - Detroit, MI
- August 10-11, 2024 - Lincoln, NE
- October 5-6, 2024 - Toledo, OH or Live Hybrid
- November 23-24, 2024 - Philadelphia, PA

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



**Comprehensive
Treatment of the
Shoulder**

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 Shoulder

Course Objectives

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

- Accurately describe anatomical structures and their application to shoulder joint complex mechanics, shoulder movement and shoulder dysfunction
- Accurately describe the treatment concepts for shoulder joint mobilizations and myofascial release of the shoulder as discussed in the manual
- State the 5 treatment principles for shoulder taping
- Independently discuss strengthening and movement re-education
- Demonstrate each of the 8 joint mobilizations, 5 taping techniques, and 7 myofascial release techniques as shown in the course manual with proficiency and skill

Topics and Regions Covered

- Mobilization: S-C joint, A-C joint, scap-thor joint, G-H joint
- MFR: Crossed-hand techniques, extremity release techniques, cervical-thoracic releases, scar releases
- Taping: posterior humeral head relocation, MDI stabilization, UT inhibition, LT facilitation, A-C joint stabilization



Mike Antal,
MPT, CIMT, CSCS

Mike received his Masters in Physical Therapy from Oakland University in Rochester, Michigan in 1997. He has also received his CIMT through Great Lakes Seminars and his CSCS through the National Strength and Conditioning Association. Mike is currently the director of an outpatient orthopedic clinic

treating a variety of orthopedic dysfunctions with specialization in post-surgical orthopedic rehabilitation. Mike employs a diverse treatment approach utilizing a combination of joint mobilization techniques, muscle energy and myofascial release. He joined the Great Lakes Seminars team in 2006 after taking a number of the GLS courses and experiencing the effectiveness of these techniques with his patients. He continues to expand his knowledge in manual therapy through teaching and continuing education courses.

Course Outline

Saturday

- 7:30am Doors open
8:00am Lecture: Introduction to a comprehensive approach to treatment of the shoulder
9:00am Lecture: Overview of anatomy of the shoulder complex and its effect on Mobs, MFR, etc.
10:00am Lecture: Introduction and review of the concepts of functional joint mobilization, MFR, joint taping and muscular re-education
11:00am Lab: Mobilization: S-C joint, Upslips
12:00pm Lunch (on your own)
1:00pm Lab: Mobilization: A-C joint and scap-thor joint
3:15pm Lab: Mobilization: GH Joint, 1st Rib, T-Spine
5:00pm Review of Evidence-Based Literature for today's topics
5:30pm Adjourn

Sunday

- 7:30am Doors open
8:00am Lab: Crossed-hand techniques, extremity release techniques
10:15am Lab: MFR: Cervical-thoracic releases
12:00pm Lunch (on your own)
1:00pm Lab: Taping: MDI, UT inhibition, LT facilitation, A-C joint stabilization
3:30pm Lab: Speed mobilizations
4:00pm Lab: Application to specific clinical situations
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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“ Mike was very approachable and fun - very knowledgeable. Great pace. I would definitely take another course! ”

- Washington, DC