



**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 27-28, 2024 – San Francisco, CA
- February 17-18, 2024 – Toledo, OH or Live Hybrid
- May 18-19, 2024 – Lansing, MI
- November 9-10, 2024 – Norfolk, VA
- December 7-8, 2024 – Baltimore, MD

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



## Treatment of the Lumbar Complex

**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)

# Treatment of the Lumbar Complex

## About the Course

Come gain a thorough and in-depth understanding of the lumbar spine complex! This course is evidence-based and incorporates muscle energy technique, articular mobilization, myofascial release and stabilization exercises to give you a multi-faceted approach to treat this area with confidence.

## Course Objectives

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

- Correctly and independently perform 12 lumbar mobilization techniques
- Correctly and independently identify specific effects of Muscle Energy Technique and manipulations
- Correctly demonstrate palpation, use of testing techniques, and application of specific mobilizations and releases of the lumbar complex
- Quickly correlate multiple positive tests to ascertain a correct assessment of lumbar dysfunction
- Correctly and independently identify three specific effects of direct articulations at the lumbar spine



**Jim Herman,**  
PT, MPT, MS, CIMT

Jim received his Masters degrees in Kinesiology and Physical Therapy from the University of Nevada, Las Vegas in 1997 and 2000 respectively. As a graduate assistant at UNLV, he instructed anatomy and physiology lab sections as well as courses in fitness walking and aquatics. Since graduating, Jim spent two years teaching spinal orthopaedics and pathological conditions as an adjunct instructor in the Physical Therapy Assistant program at Henry Ford Community College. Clinically, Jim has worked primarily in outpatient orthopaedics, including five years with Patrick Hoban at Probility Physical Therapy. Recently, Jim relocated to South Carolina and is supervisor of Blythewood Physical Therapy. He joined Great Lakes Seminars in 2003 to assist with instruction of the Lumbar Complex, Sacroiliac, and Cervical Thoracic courses and has been a primary instructor for the past five years.

## Course Outline

### Saturday

- 7:30am Doors Open
- 8:00am Lecture: Introduction and Principals of Treatment
- 9:30am Lecture: Types of Dysfunctions
- 10:15am Lecture: Review of Anatomy
- 11:00am Lab: Assessment Techniques: Lumbar Dysfunctions & Soft Tissue
- 12:00pm Lunch (on your own)
- 1:00pm Lab: Palpation of Muscles
- 2:00pm Lab: Lumbar Spine Assessment
- 3:45pm Lab: Treatment Lumbar Spine: Leg Pull
- 4:30pm Lab: Treatment of Lumbar Spine Flexion Dysfunctions
- 5:00pm Lab: Review of Evidence-Based Literature
- 5:30pm Adjourn

### Sunday

- 7:30am Doors Open
- 8:00am Review
- 8:30am Lab: Treatment of Lumbar Spine Flexion Dysfunctions
- 9:30am Lab: Treatment of Lumbar Spine Extension Dysfunctions
- 10:30am Lab: Treatment of Lumbar Spine Type I Dysfunctions
- 11:00am Lab: Review of Myofascial Release and Soft Tissue Mobilization
- 11:30am Lab: MFR and STM of Erector Spinae
- 12:00pm Lunch (on your own)
- 1:00pm Lab: MFR and STM of Multifidus
- 1:30pm Lab: Lab: MFR and STM of Quadratus, Lumborum, Piriformis, Psoas and Iliacus
- 3:15pm Lab: Spinal Exercise Stabilization and Transverse Abdominus
- 4:00pm Lab: Speed Mobilization and Clinical Application
- 4:30pm Lab: 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](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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“ It was a good balance of lecture, demonstration and practice throughout. Hand on manual techniques were great! ”  
- Ramsey, MN