



**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.

**2025 Course Schedule**

- March 22, 2025 - Seattle, WA
- July 19, 2025 - Lansdowne (Leesburg), VA
- September 20, 2025 - Toledo, OH or Live Hybrid
- October 11, 2025 - Gambrills, MD

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



**Corrective Exercise:  
Assessing Movement  
and Treatment  
Strategies to Enhance  
Exercise**

**2025**



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)

# Corrective Exercise: Assessing Movement and Treatment Strategies to Enhance Exercise

## Course Description

This course will empower you to think critically beyond traditional exercises to create and enhance individualized rehab programs to best serve your patients. You'll learn the concepts of neuroplasticity and stability motor control to help to enhance patient outcomes through exercise, as well as the "why" behind each exercise so you can confidently apply techniques to particular patient needs. By the end of the day, you'll be able to incorporate movement analysis, corrective exercise techniques, and motor control retraining to customize your rehab programs and effectively progress your patients toward their specific goals. Plus, we'll cover feedback learning strategies for crystal clear communication between you and your patients through it all.

## Robyn Meyers MS, AT, ATC

Robyn graduated from the University of Arkansas with a Master's degree in Kinesiology-Athletic Training and the University of Wisconsin-Oshkosh with a Bachelor's degree in Exercise Science & Health Promotion. She is a licensed Athletic Trainer with a wide range of experience working in high school athletics, collegiate athletics, and outpatient physical therapy. Robyn has assisted with over 10 different GLS courses across the nation since 2018. She is passionate about helping patients feel empowered to achieve their goals and utilizes a holistic integrative treatment approach. Robyn currently works at Trinity Health Probiity Physical Therapy.

## Course Objectives

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

- Learn to effectively progress exercises systematically towards patient individualized goals
- Understand neuroplasticity and stability motor control concepts to enhance patient outcomes with exercise
- Implement impactful and effective communication strategies to improve patient centered feedback
- Identify possible movement dysfunctions and incorporate corrective exercise treatment techniques
- Accurately describe the significance and application of the test-treat-retest concept
- Learn a treatment framework for corrective exercise prescription

## Course Outline

### Saturday

- 7:30am Doors Open  
8:00am Lecture: Introduction and Components of Corrective Exercise  
9:00am Lecture and Lab: Neuroplasticity and Stability Motor Control  
10:00am Lecture and Lab: Communication Strategies - Feedback & Motor Learning  
11:00am Lecture: Fundamentals and Treatment Principles of Exercise Progression  
12:00pm Lunch (On your own)  
1:00pm Lecture and Lab: Movement Dysfunction and Assessment  
2:30pm Lecture and Lab: Corrective Exercises and Case Studies  
4:30pm Questions, Post-Test, and Course Evaluation  
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 _____	
Phone _____	
E-mail _____	
Discipline _____	Fax _____
Course Location: _____	
Course Date: _____	
Course Fee: \$350	
<input type="checkbox"/> Check Payable to: Great Lakes Seminars	
<input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX <input type="checkbox"/> Discover	
Credit Card Number	
<input type="text"/>	<input type="text"/>
Expiration Date (Month/Year)	
<input type="text"/>	<input type="text"/>
Security Code	
Billing Street Address _____	
Billing Zip Code _____	