



**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**

- April 27, 2025 - Baltimore, MD
- August 2, 2025 - Seattle, WA
- November 16, 2025 - Southern, NJ

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

**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.



**Optimizing Lower Extremity Exercise Interventions: An Evidence-Based Approach**

**2025**



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# Optimizing Lower Extremity Exercise Interventions: An Evidence-Based Approach

## Course Description

Are you tired of using the same exercises in most of your lower extremity patient programs? Do you want to both increase your understanding and implementation of lower extremity exercise programs and the level of care you give your patients? Expand your understanding and repertoire of Lower Extremity exercise intervention with this one-day course.

In this 1-day course, we create a framework for exercises that emphasize improving mobility of the LE joints, re-education of stabilizing muscles, and progressive overload to restore normal function in your patient. You will leave this course with an abundance of new exercises to choose from along with a greater understanding of why and when to choose each.

## Dylan England PTA

Dylan England earned his AS in Applied Science (Physical Therapy Assistance) in 2015 and his BS in Health Services Administration in 2018, both from Baker College of Allen Park. Dylan has historically held certifications in Applied Functional Science (CAFS- Gray Institute), ISMA/AAAI Level 1 and 2 Master Trainer (Certified Personal Trainer), TRX Suspension Training, SFMA Level 1 (Selective Functional Movement Assessment), and Essential Elements of Running (Association of Clinical Excellence-Run DNA). Dylan is ongoing in post graduate continuing education to develop his clinical and manual skills yet also has found a passion for teaching other healthcare professionals. Dylan has more than 12 years of orthopedic, health and fitness coaching experience. Dylan is currently a gym lead manager for Probility Physical Therapy serving 21 clinics across the Ann Arbor, MI region.

## Course Objectives

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

- Identify squatting and deadlifting mechanical impairments and give at least 1 exercise for the hips, knees, and ankles that will improve mechanics
- Learn at least 5 exercises to incorporate for HEP to aid in pelvic stability and pelvic neutral alignment
- Able to take a common injury or hip impairment and give at least 3 exercises with progressions and regressions with rationale
- Apply current evidence-based exercise interventions to post-op protocols for common knee procedures
- Assess foot stability in various functional activities and positions and give appropriate exercises to correct dysfunctions

## Course Outline

### Saturday

**7:30am** Doors Open

**8:00am** Introduction and evidence-based literature review for LE's

**8:30am** Lab: Pelvic mobility and strengthening exercises

**9:00am** Lab: Hip exercises for mobility and ROM

**9:30am** Lab: Hip stability, neuromuscular re-ed, progressive strengthening, squat and deadlifting form and corrections

**11:30am** Lab: Hip case studies for common conditions and post-operative patients

**12:00pm** Lunch (on your own)

**1:00pm** Lab: Knee exercises for mobility and ROM

**2:00pm** Lab: Knee stability, neuromuscular re-ed, and progressive strengthening

**2:30pm** Lab: Knee case studies for common conditions and post-operative patients

**3:30pm** Lab: Foot/Ankle exercises for mobility and ROM stability, neuromuscular re-ed, and progressive strengthening

**4:00pm** Lab: Foot/Ankle intrinsic stability, single limb stability, and strengthening

**4:30pm** Lab/Wrap-up: Foot/Ankle case studies for common injuries and post-operative patients

**5:00pm** Adjourn

## 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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Course Location: \_\_\_\_\_

Course Date: \_\_\_\_\_

Course Fee: \$350

Check Payable to: Great Lakes Seminars

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