



**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 29, 2025 - Canton, MI
- June 28, 2025 - Richmond, VA
- September 6, 2025 - Chicago, IL

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 Spinal  
Exercise Interventions:  
An Evidence-Based  
Approach**

**2025**



We Don't Just Teach. We Inspire.

**75% Hands-On Training**  
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with confidence

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instructors who truly care

**The GLS Experience**  
Be part of a fun weekend  
that will fly by

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# Optimizing Spinal Exercise Interventions: An Evidence-Based Approach

## Course Description

One of the greatest joys for a clinician is to help a patient with debilitating back pain, restoring their freedom to both function without pain and return to doing what they love. Effective spine and core exercises are critical to your spine patient's treatment program, especially helping them maintain their improvements.

This 1-day course will take your spinal and core exercise intervention to an entirely new level. We will cover cervical to lumbar spine biomechanics, core function, and stability training. We will give you an abundance of up-to-date exercises to help you provide effective interventions to your patients. This course will allow you to confidently and effectively implement comprehensive exercise prescriptions for all of your back pain patients, from the cervical to the lumbar spine, from basic to complex.

## 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:

- Able to demonstrate at least 5 exercises that will effectively improve cervical, thoracic, and lumbar mobility
- Identify scapular mechanic impairments and give at least 3 muscles to target with exercises that will help improve stability and/or mobility
- Design personalized HEP to help target core weaknesses in any of the three segments of the spine
- Able to correctly identify impairments with pelvic mobility or stability, and give 3 exercises to address impairments
- Implement evidence-based exercises into daily exercise programming at your clinics

## Course Outline

### Saturday

**7:30am** Doors Open

**8:00am** Introduction, review of spine biomechanics, and evidence-based literature review

**8:30am** Lab: Cervical exercises for improving ROM and mobility

**9:00am** Lab: Cervical stability, neuromuscular re-ed and progressive strengthening

**10:15am** Lab: Scapular mechanics and scapular stability exercises

**11:00am** Lab: Thoracic spine and rib mobility

**11:30am** Lab: Case Studies

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

**1:00pm** Lab: Lumbar exercises to improve mobility and ROM

**1:45pm** Lab: Core exercises focusing on stability and dynamic functional tasks

**3:30pm** Lab: Pelvic mobility and strengthening exercises

**4:00pm** Case Studies

**4:30pm** Wrap up and questions

**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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Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Discipline \_\_\_\_\_ Fax \_\_\_\_\_

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

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

Course Fee: \$350

Check Payable to: Great Lakes Seminars

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Expiration Date (Month/Year)

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Security Code

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