



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.

2025 Course Schedule

- April 26, 2025 - Baltimore, MD
- August 3, 2025 - Seattle, WA
- November 15, 2025 - Southern, NJ

Please check our website for the most updated schedule: 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 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 Upper
Extremity Exercise
Interventions: An
Evidence-Based Approach**

2025



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Optimizing Upper Extremity Exercise Interventions: An Evidence-Based Approach

Course Description

Exercise intervention is an incredibly popular and effective part of physical therapy. Unfortunately, many clinicians use the same exercises repeatedly, even with patients requiring a different approach. This class will increase your understanding of effective Upper Extremity exercise prescription and give you many examples to help you use the appropriate exercise(s) for your patient's condition and keep their program varied and interesting.

In this 1-day course, we create a framework for exercises that emphasize improving mobility of the UE joints, re-education of stabilizing muscles, and progressive overload to restore normal function in your patient. The exercises covered in this course will improve your ability to effectively treat Upper Extremity conditions and injuries you commonly see in your clinics.

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:

- Learn helpful tools that will help you search through research and literature and be able to determine what research is important and useful
- Determine effective exercises for improving mobility, stability, and strengthening and loading for skeletomuscular impairments
- Be able to break down scapular mechanics, and determine appropriate exercises to correct dysfunctions
- Be able to apply progressions and regressions for effective exercise prescription
- Able to create a HEP that is best suited for common conditions and post operative protocols that you will see in the clinics

Course Outline

Saturday

7:30am Doors Open

8:00am Introduction and evidence-based literature review

8:45am Lab: Scapular mechanics and scapular stability exercises

9:30am Lab: Shoulder exercises for mobility, stability, neuromuscular re-ed, and progressive strengthening

11:00am Lab: Shoulder exercise for common conditions and post-operative patients

11:30am Lab: Shoulder case studies

12:00pm Lunch (on your own)

1:00pm Lab: Elbow exercises for mobility, stability, neuro re-ed, and progressive strengthening

2:00pm Lab: Elbow exercise prescription for common conditions and post operative patients

2:30pm Lab: Elbow case studies

3:00pm Lab: Wrist/Hand exercises for mobility, stability, neuromuscular re-ed, and progressive strengthening

4:00pm Lab: Wrist/Hand exercise for common conditions and post-operative patients

4:30pm Lab/Wrap-up: Wrist/Hand case studies

5:00pm Adjourn

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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