



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

- February 1-2, 2025 - Doylestown, PA
- October 18-19, 2025 - Portage, MI
- December 6-7, 2025 - Somerset, NJ

Please check our website for the most updated schedule: www.glseminars.com



**The Overhead Athlete:
A Comprehensive
Treatment Approach**

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

The Overhead Athlete: A Comprehensive Treatment Approach

Course Objectives

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

- Recognize 3 biomechanical characteristics that contribute to increased injury risk in the arm of the overhead athlete
- Given a mechanical fault in the performance of the overhead sports movement, provide 2 biomechanical contributors to the mechanical fault
- Recognize 3 sociocultural factors that contribute to the development of chronic/overuse injuries in the overhead athlete
- Identify 3 postural characteristics common in the presentation of the overhead athlete
- Given a specific joint/tissue dysfunction, provide 2 biomechanical contributors and 2 biomechanical consequences for the respective sport
- Define the role of 3 different core muscles in the transfer of energy from the lower extremity to the upper extremity
- Define the role of 3 different scapular muscles in the transfer of energy from the trunk to the arm
- Correctly identify and perform mobilization/release of 3 scapular muscles



Christopher Hagedon
PT, DPT, AT, ATC, CIMT

Christopher graduated from Central Michigan University with his B.S. in athletic training/sports medicine and then continued on at CMU to complete his doctorate in physical therapy. He holds active licenses as an athletic trainer and physical therapist. Early in his career, he began taking courses with Great Lakes Seminars and completed his certificate in integrated manual therapy through GLS. Christopher enjoys working with patients and athletes of all ages and is a clinic director for Probility Physical Therapy in southeast Michigan, where he also helps provide AT coverage to local schools and teams. He combines his sports medicine and exercise background with the integrated "test-treat-retest" method of GLS to help reset patients' systems, improve their motor control, and allow them to reach their functional goals.

Course Outline

Saturday

- 7:30am Doors open
8:00am Lecture: Introduction, normal and abnormal biomechanics of the throwing motion, common dysfunctions in overhead athletes, regional interdependence, mobilizations, MFR
10:15pm Lab: Releasing With Movement to the neck and upper back
12:00pm Lunch (on your own)
1:00pm Lab: MFR and mobilizations for the trunk and hips
3:15pm Lab: Motor retraining exercises for the trunk and hips
4:00pm Lab: MFR and mobilizations for the cervical/thoracic spine
5:00pm Lab: Review of Evidence-Based Literature
5:30pm Adjourn

Sunday

- 7:30am Doors open
8:00am Review and discussion of considerations for youth sports
8:30am Lab: MFR and mobilizations for the upper quarter
10:15am Lab: Motor retraining exercises for the upper quarter
11:00am Lab: Functional assessment of the scapula
12:00pm Lunch (on your own)
1:00pm Lab: Dynamic exercises for the upper extremity and scapula
2:00pm Lab: Dynamic exercises for the trunk and hips
3:00pm Lab: Functional assessment of the trunk and hips
4:00pm Lab: Case study and speed mobilization review
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 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 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: \$650

Check Payable to: Great Lakes Seminars

VISA MasterCard AMEX Discover

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Expiration Date (Month/Year)

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Security Code

Billing Street Address _____

Billing Zip Code _____

“ I recently attended the Overhead Athlete course in Kansas City and it was amazing. I wanted to thank you for sharing your expertise on such a challenging and interesting topic. I will definitely be attending future courses with Great Lakes Seminars.

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- Kansas City, MO