



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

- January 11-12, 2025 - Sterling Heights, MI
- April 5-6, 2025 - Toledo, OH or Live Hybrid
- June 21-22, 2025 - Phoenix, AZ
- August 16-17, 2025 - Willow Springs, IL
- September 13-14, 2025 - Boise, ID
- November 8-9, 2025 - North Branch, MN

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



**Functional Strength:
An Updated Approach to
Exercising our Patients**

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

Functional Strength: An Updated Approach to Exercising our Patients

Course Objectives

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

- Given a case study, assess functional weakness in a patient using the four pathological barriers to ideal/optimal movement
- Perform an assessment of a dysfunctional movement pattern and specifically identify 2 primary and 1-2 secondary compensatory movements occurring due to weakness and/or pain
- Accurately justify the use of functional strength testing versus manual muscle testing when assessing a patient
- Properly exhibit and/or correctly perform 4 exercises using a functional approach to muscle activity
- Correctly state the rationale for an in-depth functional strength assessment of upper extremity, lower extremity and trunk
- Properly execute an in-depth functional strength assessment of upper extremity, lower extremity and trunk
- Correctly apply force couples, synergies, and muscle slings to the body to address function-specific strength deficits
- Develop and implement a comprehensive functional exercise program, progressing from basic to advanced levels for patients



Stuart W. Orr

BS, PTA, NSCA-CPT, CWcHP

Stuart Orr graduated from Pennsylvania State University earning his AS in Applied Sciences with a concentration in Physical Therapy Assistant in 1999. In 2006 he earned his BS in Marketing and Management from Pennsylvania State University. Stuart holds certifications as an exercise specialist through the National Strength and Conditioning Association (NSCA-CPT), Matheson Functional Capacity Evaluator and Workers Compensation Healthcare Provider. Stuart 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 as an assistant instructor with Great Lakes Seminars since 2003. Stuart has more than 12 years of orthopedic and sports medicine experience & has worked extensively within the worker's compensation field assisting the injured worker in getting back to the labor force. Stuart is currently a regional director of Work Hardening/ Conditioning for ATI Physical Therapy for PA/North DE.

Course Outline

Saturday

- 7:30am Doors Open
8:00am Lecture: Introduction, Strength Principles, Action vs Function, Patterns, Couples and Synergies
10:15am Lecture: Movement Dysfunction, Compensation, Assessment, and Exercise Selection
12:00pm Lunch (on your own)
1:00pm Lab: Fundamentals and Rolling Patterns
3:15pm Lab: Functional Exercises for the Upper Extremity
5:00pm Review and Questions
5:30pm Adjourn

Sunday

- 7:30am Doors Open
8:00am Review and Evident-Based Literature Review
8:30am Lab: Functional Exercises for the Upper Extremity
10:15am Lab: Functional Exercises for the Lower Extremity
12:00pm Lunch (on your own)
1:00pm Lab: Functional Exercises for the Lower Extremity
3:15pm Lab: Sport-Specific Functional Exercises
4:30pm Review Session and Group Activity Case Studies
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

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Expiration Date (Month/Year)

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Security Code

Billing Street Address _____

Billing Zip Code _____

“ This was a fantastic course. I found looking at muscles that could be inhibited, that limits motion, to be most useful. ”

- Indianapolis, IN