

## For More Information

- 419-969-6099
- info@glseminars.com
- www.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 course.

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.

## Instructor

**Karl Buche**  
**PT, DPT, CIMT, CIDN, TPS, OCS**

Karl completed his undergraduate degree in Exercise Science from Michigan Technological University in 2012, then went on to graduate with his doctorate in physical therapy from Central Michigan University in 2016. He works at Probility Physical Therapy, which is based in southeast Michigan, and is the director of the Pinckney Clinic. After obtaining his CIMT credentials in 2019, he began teaching and assisting courses for GLS, with his main area of expertise being pain neuroscience. He believes in an eclectic treatment approach, including many styles of manual therapy, pain education, and individualized exercise. Karl cares deeply about the manner in which we communicate with our patients, and loves teaching others how to minimize nocebo effects during patient interactions. He lives in Chelsea, MI with his wife, Catherine, and puppy, Olive. He enjoys treating all orthopedic dysfunctions, and loves to incorporate breathwork into his practice.

## 2026 Course Schedule

- January 10-11, 2026 - Frederick, MD
- March 14-15, 2026 - Mahwah, NJ
- June 6-7, 2026 - Burlingame, CA
- September 19-20, 2026 - Milton, FL
- October 24-25, 2026 - Albuquerque, NM
- December 12-13, 2026 - Toledo, OH or Live Hybrid

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

Scan the QR code below to view the Mobilization of the Cervical and Thoracic Spine and Ribs course page on our website!



## Interested in hosting this course at your facility?

Bring our instructors to your clinic or organization for an exclusive training experience tailored to your team. Contact us for hosting details and availability.



# Mobilization of the Cervical and Thoracic Spine and Ribs

## 2026



**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

# Mobilization of the Cervical and Thoracic Spine and Ribs

## Course Description

Many clinicians lack a structured approach to treat dysfunctions involving the neck, shoulders and upper thoracic spine, while often overlooking rib cage involvement. This course will give you a strong foundation to treat these areas as well as an understanding of where to look next if you're not getting the desired outcome with your spine patients.

We make a complicated region of the body simple to diagnose and treat, giving you a wide array of treatment approaches to choose from that best fit your patients' needs. Techniques include Muscle Energy Technique (MET) and direct articulations to the cervical and thoracic spine and ribs. All course material is evidence-based and every technique is repeated multiple times until you feel comfortable and confident. When you leave this class, you'll walk away with a straightforward, yet comprehensive foundation for treatment of the neck, upper back and ribs.

## Course Objectives

- Correctly describe the normal and abnormal biomechanics of the vertebrae in the upper cervical spine (OA, AA), lower cervical spine (C2-7), thoracic spine (T1-12) and ribs
- Confidently describe 5 specific spinal and rib anatomical structures
- Correctly describe the neurophysiological mechanism behind muscle energy technique (MET)
- Correctly and confidently identify 3 key components necessary to administer proper MET
- Through the discussion of relevant evidence based research, support the use of METs/mobilization and manipulations to the cervical and thoracic spine and ribs for specific diagnoses
- Through the use of 3 varying case studies, correctly demonstrate a systematic approach for the treatment progression through the cervical and thoracic spine and rib complex
- Demonstrate the appropriate force direction for 5 specific MET/mobilization and manipulations

## Course Outline:

### Saturday

**7:30am** - Doors Open  
**8:00am** - Lecture: Overview of MET and Joint Articulations, Anatomy, Biomechanics, Spinal Kinematics, Types of Dysfunctions, Treatment Principles  
**10:30am** - Lecture: Rib Dysfunctions  
**11:00am** - Lab: Cervical-Thoracic Screening Tests  
**12:00pm** - Lunch (on your own)  
**1:00pm** - Lab: Thoracic Spine: Type II Flexion and Extension Lesions  
**3:15pm** - Lab: Thoracic Spine: Type I Neutral Spine Lesions  
**4:15pm** - Lab: Cervical Spine: Type II Lesions  
**5:00pm** - Review of Evidence-Based Literature for Today's Topics  
**5:30pm** - Adjourn

### Sunday

**7:30am** - Doors Open  
**8:00am** - Lab: Review of Type II Dysfunctions in Cervical and Thoracic Spine  
**8:45am** - Lab: Upper Cervical Screening Tests, AA Jt Dysfunctions  
**10:15am** - Lab: OA Jt Dysfunctions  
**11:15am** - Structural Rib Dysfunctions  
**12:00pm** - Lunch (on your own)  
**1:00pm** - Lab Continued: Structural Rib Dysfunctions  
**3:45pm** - Case Studies/Speed Mobilizations  
**4:30pm** - Review of Evidence-Based Literature for Today's Topics  
**5:00pm** - Adjourn

## Continuing Education

This course has been submitted for 16.5 continuing education hours in the state in which each course is held. Approval amounts may vary per state. Certificates of attendance with the number of course hours will be given to each participant at the completion of the course.

## 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

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

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

Discipline \_\_\_\_\_

State(s) Licensed In \_\_\_\_\_

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

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

Course Fee: \$650

☐ Check Payable to: Great Lakes Seminars

☐ VISA ☐ MasterCard ☐ AMEX ☐ Discover

Credit Card Number

□□□□ □□□□ □□□□ □□□□

Expiration Date (Month/Year)

□□ □□

□□□□

Security Code

Billing Street Address \_\_\_\_\_

Billing Zip Code \_\_\_\_\_