

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

Robyn Meyers MS, AT, ATC

Robyn graduated from the University of Arkansas with a Master's degree in Kinesiology-Athletic Training and the University of Wisconsin-Oshkosh with a Bachelor's degree in Exercise Science & Health Promotion. She is a licensed Athletic Trainer with a wide range of experience working in high school athletics, collegiate athletics, and outpatient physical therapy. At the University of Arkansas, she primarily worked with the football and gymnastics teams. At the University of Michigan, she was the Athletic Trainer with track and field, and cheerleading. She coached gymnastics for over 20 years and served as a club head coach for 4 years.

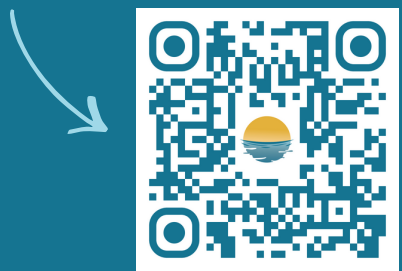
Robyn has assisted with over 10 different GLS courses across the nation since 2018. She is passionate about helping patients feel empowered to achieve their goals and utilizes a holistic integrative treatment approach. Robyn currently works at Trinity Health Probity Physical Therapy. She enjoys gymnastics, yoga, rock climbing, running, hiking, and paddle boarding.

2026 Course Schedule

- January 17, 2026 - Maywood, NJ
- June 6, 2026 - Spring Lake, MI
- September 19, 2026 - Toledo, OH or Live Hybrid
- November 7, 2026 - Hagerstown, MD

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

Scan the QR code below to view the Corrective Exercise 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.



Corrective Exercise: Assessing Movement and Treatment Strategies to Enhance Exercise

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

Corrective Exercise

Course Description

This 1-day course will provide you with the cognitive framework to identify common movement dysfunctions and the compensations that accompany them, as well as strategies for assessing movement and a variety of exercise interventions to personalize your treatments to your patients' specific needs. Over the course day, we'll explore the different pathological barriers to movement dysfunction to help you differentiate whether its main cause is arthrokinematic, muscular, fascial, compensatory, or a combination of them all. You'll also learn communication skills to enhance the process of uncovering the root cause of patients' unique issues while building rapport for a strong therapeutic alliance between you and your patients. By the end of the course, you'll be able to apply all the concepts learned to target your patients' dysfunction and progress them back to health with precision.

As with all our courses, this course is mostly hands-on lab. Please note participants will not be required to perform all the exercises demonstrated in the course.

Course Objectives

- Learn to effectively progress exercises systematically towards patient individualized goals
- Understand neuroplasticity and stability motor control concepts to enhance patient outcomes with exercise
- Implement impactful and effective communication strategies to improve patient centered feedback
- Identify possible movement dysfunctions and incorporate corrective exercise treatment techniques
- Accurately describe the significance and application of the test-treat-retest concept
- Learn a treatment framework for corrective exercise prescription
- Enhance home exercise programming for patient compliance

Course Outline:

Saturday

7:30am - Doors Open

8:00am - Lecture: Introduction and Components of Corrective Exercise

9:00am - Lecture and Lab: Neuroplasticity and Stability Motor Control

10:00am - Lecture and Lab: Communication Strategies – Feedback & Motor Learning

11:00am - Lecture: Fundamentals and Treatment Principles of Exercise Progression

12:00pm - Lunch (On your own)

1:00pm - Lecture and Lab: Movement Dysfunction and Assessment

2:30pm - Lecture and Lab: Corrective Exercises and Case Studies

4:30pm - Post-Test and Course Evaluation

5:00pm - Questions and Review

5:30pm - Adjourn

Continuing Education

This course has been submitted for 8 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 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

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Credit Card Number

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Security Code

Billing Street Address _____

Billing Zip Code _____