

# 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

**Jeff Garbacz**  
PT, DPT, CIMT

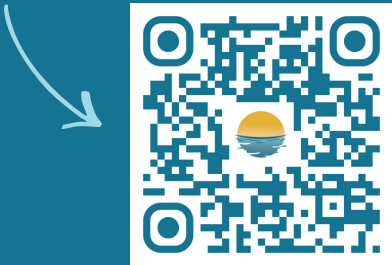
Jeff began his education as a physical therapist at Albion College where he received a B.A. in Sports Medicine with an emphasis on Biomechanics. He went onto the University of Michigan to receive his Doctorate of Physical Therapy. Jeff has extensive clinical experience working with the orthopedic population. He utilizes manual therapy in combination with a functionally based exercise to allow his patients to return to their prior functional level. Jeff's philosophy in treating patients involves finding the origin of the problem versus treating the symptoms, allowing problems to go away and stay away. Jeff has trained the primary instructors for the Knee and Shoulder courses and is the primary instructor for the Extremity Mobilization course for Great Lakes Seminars. Jeff is the Director of Operations for Advanced Physical Therapy in Southfield, MI.

## 2026 Course Schedule

- January 24-25, 2026 - Laurel, MD
- February 28 - March 1, 2026 - Los Gatos, CA
- March 14-15, 2026 - Toledo, OH or Live Hybrid
- November 14-15, 2026 - Richmond, VA

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

Scan the QR code below to view the Treatment of Common Extremity Dysfunction Through Mobilization 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.



# Treatment of Common Extremity Dysfunction Through Mobilization

## 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

# Treatment of Common Extremity Dysfunction Through Mobilization

## Course Description

Come learn how to make an immediate impact with your patients, even if their symptoms have been present for an extended period of time. This course will help you identify joint mobility restrictions that can contribute to common extremity dysfunctions and diagnoses, from the shoulder to the foot, which are often overlooked. So, you'll learn to find the true driver behind extremity dysfunction rather than just treating its symptoms. We focus on using joint mobilization to normalize the stress on the tissues around different joints to immediately decrease stress and secondary pain. These techniques will take your understanding of extremity mobilization far beyond what you learned in school, but with enough practice that you feel confident implementing them into your daily treatments.

As with all our manual therapy courses, this course is at least 75% hands-on lab, and will give you skills you can use immediately upon returning to the clinic!

## Course Objectives

- Accurately explain the rationale for performing joint mobilization and its specific physiological effects
- Explain and correctly demonstrate grading, oscillation techniques and sustained-hold techniques of joint mobilizations
- Accurately identify the joint surface anatomy of each joint discussed in this course
- Accurately explain the application of the joint surface anatomy to the mechanics of each joint discussed in this course
- Demonstrate proper extremity mobilization technique, hand placement, and body mechanics during lab scenarios

## Course Outline:

### Saturday

7:30am - Doors open

8:00am - Lecture: Introduction, overview of anatomy, biomechanics, mobilizations

10:00am - Lecture: Discussion of hypertonicity vs adaptive shortening, tendinosis vs tendinitis, muscle weakness vs muscle inhibition

12:00pm - Lunch (on your own)

1:00pm - Lab: The shoulder complex mobilizations

4:30pm - Review

5:30pm - Adjourn

### Sunday

7:30am - Doors open

8:00am - Lab: Speed mobilizations

8:30am - Lab: The elbow complex mobilizations

10:00am - Lab: The wrist/hand complex mobilizations

11:15am - Lab: The hip complex mobilizations

12:00pm - Lunch (on your own)

1:00pm - Lab: The knee complex mobilizations

3:00pm - Lab: The foot/ankle complex mobilizations

3:45pm - Case studies/speed mobilizations

4:15pm - Review

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

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Expiration Date (Month/Year)

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Security Code

Billing Street Address

Billing Zip Code