

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

Stuart Orr
BS, PTA, NSCA-CPT, CWcHP

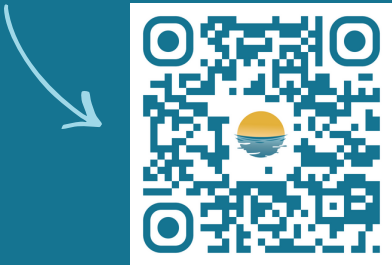
Stuart Orr graduated from Pennsylvania State University earning his AS in Applied Sciences with a concentration in Physical Therapy Assistant in 1999. In 2006 he earned his BS in Marketing and Management from Pennsylvania State University. He holds certifications as an exercise specialist through the 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. He is currently a regional director of Work Hardening/Conditioning for ATI Physical Therapy for PA/Northern DE.

2026 Course Schedule

- February 14-15, 2026 - Bridgewater, MA
- August 29-30, 2026 - Lincoln, NE
- October 10-11, 2026 - Albuquerque, NM
- October 24-25, 2026 - Annapolis, MD
- December 12-13, 2026 - Morristown, NJ

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

Scan the QR code below to view the Functional Strength 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.



Functional Strength: The How and Why Behind Your Exercises

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

Functional Strength

Course Description

Come learn a fresh approach to strengthening your patients! This course will teach you to look at movement dysfunctions through an entirely new lens, and explain the specific reasoning behind why we use the exercises we do. We'll also dive deep into the concepts of force couples, muscle slings, and functional/dysfunctional movement patterns. At the end of the weekend, you'll leave with the ability to customize functional strengthening programs that address your patients' goals as well as modifications and progressions for specific patients and populations. Your patients will feel and see immediate results, improving their compliance, understanding and overall fun during treatment!

Course Objectives

- 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

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

7:30pm - 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

4:00pm - Review Session and Group Activity Case Studies

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 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

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Expiration Date (Month/Year)

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Security Code

Billing Street Address _____

Billing Zip Code _____