

## 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

**Stacy Wozniak**  
PT, DPT, CIMT

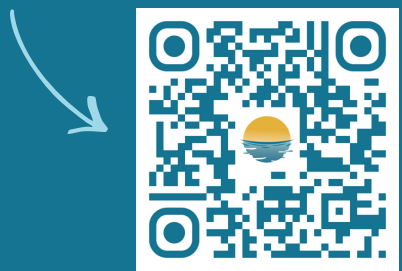
Stacy received her doctorate of physical therapy degree from Grand Valley State University. Participating in lifelong learning, Stacy has become a Certified Integrated Manual Therapist (CIMT) and continues her education throughout different areas of manual therapy. Stacy uses a variety of techniques such as manual therapy, joint and soft tissue mobilization, muscle energy and functional exercise to help return her patients to the highest level of function. She is also the Center Coordinator of Clinical Education for Probility. Stacy also has assisted with teaching continuing education classes across the nation. She enjoys working with a variety of patients including athletes and children. Stacy's interests include spending time with family and friends, playing tennis and volleyball, and traveling.

## 2026 Course Schedule

- January 24, 2026 - Toledo, OH or Live Hybrid
- April 18, 2026 - Pleasanton, CA
- August 22, 2026 - Lansdowne, VA
- October 3, 2026 - Cape Coral, FL
- December 5, 2026 - Stoughton, WI

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

Scan the QR code below to view the A Manual Therapy Approach to Treatment of Headaches 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.



# A Manual Therapy Approach to Treatment of Headaches

## 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

# A Manual Therapy Approach to Treatment of Headaches

## Course Description

Headache treatment can be extremely overwhelming as headaches involve several different body systems and affect up to 75% of people. This course will provide you with a starting point of where to treat when patients describe head and face pain, then effective techniques allowing you to give them more headache-free days.

Over this 1-day course, we'll take a common condition that's not commonly treated by therapists and show you how to become comfortable treating it. Treatment approaches include Muscle Energy Technique (MET) to the cervical spine, myofascial release to the neck and head, posture retraining and review of other causes/treatments in a comprehensive approach. This course is evidence-based and every technique is repeated multiple times so you have the chance to perfect them. You'll walk away with a strong foundation for treatment of the head and neck!

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

- Correctly differentiate 4 characteristics of musculoskeletal headaches from other causes
- Identify 4 different referral patterns by vertebral level
- Identify 5 different referral patterns by muscle
- Demonstrate the ability to complete 6 mobilizations of the cervical spine
- Demonstrate the ability to treat 5 myofascial dysfunctions in muscles most commonly causing headache
- Demonstrate the ability to correct 4 mechanical dysfunctions leading to muscle and joint dysfunctions

## Course Outline:

### Saturday

**7:30am** - Doors Open

**8:00am** - Lecture: HA classification, cause of musculoskeletal HA, subjective data, muscle referral patterns, nerve patterns, objective measures

**10:30am** - Lab: Myofascial release to the head and neck

**12:00pm** - Lunch (on your own)

**1:00pm** - Lab: Myofascial release to the head and neck cont.

**2:00pm** - Lab: Muscle energy technique for mobilizations of the neck

**4:00pm** - Lab: Re-educate/exercise

**4:30pm** - Lab: Hands-on review of each MFR and MET technique learned

**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](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 \_\_\_\_\_  
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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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