




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

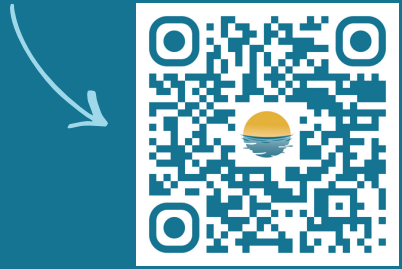
Jeff began his education as a physical therapist at Albion College where he received a B.A. in Sports Medicine with an emphasis on Biomechanics. He went onto the University of Michigan to receive his Doctorate of Physical Therapy. Jeff has extensive clinical experience working with the orthopedic population. 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

- March 28-29, 2026 - Canton, MI
- June 13-14, 2026 - Maywood, IL
- August 29-30, 2026 - Madison, AL
- November 7-8, 2026 - Toledo, OH or Live Hybrid
- December 5-6, 2026 - Wall Township, NJ

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

Scan the QR code below to view the Comprehensive Treatment of the Hip 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.



Comprehensive Treatment of the Hip

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 |
|---|--|--|

Comprehensive Treatment of the Hip

Course Description

Often, evaluations of the hip complex collect overwhelming amounts of information, yet leave us without a clear treatment strategy. This course will provide you with a central theme to treat the hip and simplify the methodology to find hip dysfunction, assess it and treat it. You'll learn and practice MET and mobilizations of areas that influence the hip, including the spine, pelvis, hip/knee and ankle/foot regions. We'll also cover treatment through myofascial release of all muscles that directly and indirectly affect hip function. These techniques will help you "think local while acting global" to expose hidden drivers of hip pain and dysfunction. At the completion of this course, you'll be able to treat most any hip diagnosis with confidence and comprehensiveness, as well as achieve immediate improved functional results with your patients.

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 describe the normal and abnormal biomechanics of at least 5 specific joints involving the lower extremities and pelvis
- Correctly describe the neurophysiological mechanism behind muscle energy technique (MET)
- Correctly demonstrate 2 lumbo-pelvic, 2 hip and 3 lower extremity joint mobilizations
- Correctly demonstrate at least 4 components in a systematic approach and treatment progression of the hip complex
- Correctly state 8 key anatomical structures of the lower quadrant (lumbo-pelvic, hip, knee, ankle/foot) and their application to joint mechanics, movement and dysfunction

Course Outline:

Saturday

7:30am - Doors Open

8:00am - Lecture: Introduction, Overview of Anatomy, Lumbopelvic/Hip/Lower Quarter Biomechanics, Overview of Mobilization Types Utilized, Review of Fascia

10:15am - Lecture: Lumbo-Pelvic Biomechanical Effects on the Hip

11:30am - Lecture: Foot Effects on the Hip

12:00pm - Lunch (on your own)

1:00pm - Lab: Assessment and Palpation of the Lumbo-Pelvic Complex

2:45pm - Lab: MET/Joint Mobilizations of Lumbo-Pelvic Complex - Thoraco-Lumbar Junction, Sacrum, Ilium

4:30pm - Review of Evidence-Based Literature for Today's Topics

5:30pm - Adjourn

Sunday

7:30am - Doors Open

8:00am - Review and Testing of Saturday Material/Techniques

9:00am - Lab: Hip Mobilizations and MFR of the Hip Joint

10:00am - Lab: MFR of the Hip Musculature and Fascia

12:00pm - Lunch (on your own)

1:00pm - Lab: Mobilizations of the Foot/Ankle Complex - Distal Tib-Fib and Talocrural

2:00pm - Case Studies

3:30pm - Review and Testing of Today's Techniques

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 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