

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

Scott Braje
PT, MPT, CIMT, CIDN

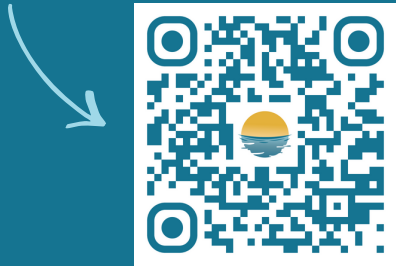
Scott earned his B.S. in Exercise and Sport Science from Colorado State University, with additional studies in anatomy, neurobiology, wellness management, and cardiac rehabilitation. After moving to San Francisco, he earned his CSCS and trained under the former president of the NSCA before completing his Masters in Physical Therapy at Andrews University in 2000. Since then, he has worked exclusively in outpatient orthopedics and has taught with Great Lakes Seminars since 2004, using a “test-treat-retest” approach to guide patient care. Scott is currently the Clinic Director of the Physical Therapy Department at a multidisciplinary Pain and Wellness Center in the North Shore of Boston.

2026 Course Schedule

- July 25-26, 2026 - Bloomingdale, IL
- September 12-13, 2026 - Hagerstown, MD
- October 10-11, 2026 - Burlingame, CA

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

Scan the QR code below to view the Comprehensive Treatment of the Knee 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 Knee

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 Knee

Course Description

This course solves the question of “What else can I do when I feel like I’ve tried everything for my knee patient?” We teach an entirely different way to treat the knee, with an emphasis on manual therapy. Treatment techniques include joint mobilizations, meniscal mobilizations and myofascial/soft tissue releases, as well as how to customize each mobilization to different patients and issues. Plus, multiple taping techniques will be demonstrated and practiced for dysfunctions at the patella and the tibio-femoral joints. You’ll also learn how dysfunctions above and below the knee can cause symptoms at the knee joint itself. Come learn how to feel confident you’ve left no stone unturned to accurately diagnose the root of knee issues!

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 state 4 key anatomical structures and their application to joint mechanics, movement and dysfunction
- State the 7 key treatment principles for joint mobilizations and 4 treatment principles for taping and orthotic therapy
- Independently discuss 4 treatment concepts for myofascial release of the knee complex
- State the key treatment concepts for strengthening and balance re-education as outlined in the course manual
- Demonstrate each of the myofascial release techniques, joint mobilizations, taping and orthotic therapy techniques as well as each of the strengthening and balance re-education exercises as shown in the course manual with proficiency and skill

Course Outline:

Saturday

7:30am - Doors Open

8:00am - Lecture: Introduction, Overview of Anatomy, Biomechanics, Mobilizations, Fascia, and Taping

10:15am - Lecture: Meniscal Movements, Length-Tension Relationship Discussion, Infrapatellar Fat Pads, Functional Analysis of the Lower Extremity

12:00pm - Lunch (on your own)

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

2:45pm - Lab: Joint Mobilizations: Patella-Femoral, Tibio-Femoral, Proximal and Distal Tib-Fib, Talo-Crural, and Meniscal Mobilizations

4:30pm - Review

5:00pm - Review of Evidence-Based Literature for Today's Topics

5:30pm - Adjourn

Sunday

7:30am - Doors Open

8:00am - Review and Discussion of Pull Pain vs Pinch Pain

8:30am - Lab: Speed Mobilizations

9:00am - Lab: Mobilizations and MET for the Pelvis

10:45am - Lab: MFR

11:45am - Lab: Taping of Patella

12:00pm - Lunch (on your own)

1:00pm - Lab: Taping of Patella (cont'd) Counterforce Bracing, Fat Pad Lifting, Proximal and Distal Tib-Fib, Modified Low-Dye

3:00pm - Case Studies

4:15pm - Review

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