

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

Jim Herman
PT, MPT, MS, CIMT

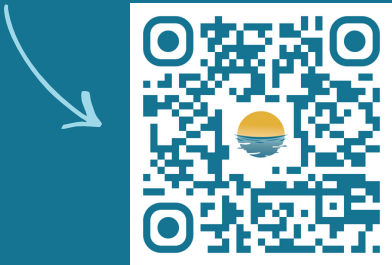
Jim received his Masters degrees in Kinesiology and Physical Therapy from the University of Nevada, Las Vegas in 1997 and 2000 respectively. As a graduate assistant at UNLV, he instructed anatomy and physiology lab sections as well as courses in fitness walking and aquatics. Since graduating, Jim spent two years teaching spinal orthopaedics and pathological conditions as an adjunct instructor in the Physical Therapy Assistant program at Henry Ford Community College. Clinically, Jim has worked primarily in outpatient orthopaedics, including five years with Patrick Hoban at Probility Physical Therapy. Recently, Jim relocated to South Carolina and is supervisor of Blythewood Physical Therapy. He joined Great Lakes Seminars in 2003 to assist with instruction of the Lumbar Complex, Sacroiliac, and Cervical Thoracic courses and has been a primary instructor for the past five years.

2026 Course Schedule

- January 10-11, 2026 - Morristown, NJ
- June 27-28, 2026 - Minden, NV
- July 11-12, 2026 - Canton, MI
- December 5-6, 2026 - Lansdowne, VA

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

Scan the QR code below to view the Treatment of the Lumbar Complex 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 the Lumbar Complex

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 the Lumbar Complex

Course Description

Simply put, this course takes the complexity out of assessing and treating lower back dysfunction and conveniently combines assessment options with an array of treatment tools to address the lumbar spine complex. Through it, you'll learn the key structures that are involved in lumbar dysfunction and how to efficiently find these structures to help guide treatment. Treatment techniques are all evidence-based and include Muscle Energy Technique (MET), articular mobilization, myofascial release and stabilization exercises to give you a multi-faceted treatment approach. Plus, every technique will be repeated several times so you can learn to treat this area with confidence. You should feel comfortable with most lumbar patients once you leave this class!

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 and independently perform 12 lumbar mobilization techniques
- Correctly and independently identify specific effects of Muscle Energy Technique and manipulations
- Correctly demonstrate palpation, use of testing techniques, and application of specific mobilizations and releases of the lumbar complex
- Quickly correlate multiple positive tests to ascertain a correct assessment of lumbar dysfunction
- Correctly and independently identify three specific effects of direct articulations at the lumbar spine

Course Outline:

Saturday

7:30am - Doors Open
8:00am - Lecture: Introduction and Principles of Treatment
9:30am - Lecture: Types of Dysfunctions
10:15am - Lecture: Review of Anatomy
11:00am - Lab: Assessment Techniques for Lumbar Dysfunctions and Soft Tissue
12:00pm - Lunch (on your own)
1:00pm - Lab: Palpation of Muscles
2:00pm - Lab: Lumbar Spine Assessment
3:45pm - Lab: Treatment of Lumbar Spine Leg Pull
4:30pm - Lab: Treatment of Lumbar Spine Flexion Dysfunctions
5:00pm - Lab: Review of Evidence-Based Literature
5:30pm - Adjourn

Sunday

7:30am - Doors Open
8:00am - Lab: Treatment of Lumbar Spine Flexion Dysfunctions
9:30am - Lab: Treatment of Lumbar Spine Extension Dysfunctions
10:30am - Lab: Treatment of Lumbar Spine Type I Dysfunctions
11:00am - Lab: Review of Myofascial Release and Soft Tissue Mobilization
12:00pm - Lunch (on your own)
1:00pm - Lab: MFR and STM of Multifidus
1:30pm - Lab: MFR and STM of Quadratus, Lumborum, Piriformis, Psoas and Iliacus
3:15pm - Lab: Spinal Exercise Stabilization and Transverse Abdominus
4:00pm - Lab: Speed Mobilization and Clinical Application
4:30pm - Lab: Review of Evidence-Based Literature
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

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Credit Card Number

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Expiration Date (Month/Year)

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Security Code

Billing Street Address _____

Billing Zip Code _____