

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.

Instructors

Dylan England PTA

Dylan England earned his AS in Applied Science (Physical Therapist Assistant) and BS in Health Services Administration from Baker College. He has held multiple certifications, including CAFS (Gray Institute), ISMA/AAAI Master Trainer Levels 1 & 2, TRX, SFMA Level 1, and Essential Elements of Running (Run DNA). With more than 12 years of orthopedic and fitness coaching experience, Dylan continues to deepen his clinical and manual skills while pursuing his passion for teaching fellow healthcare professionals. He currently serves as Gym Lead Manager for Proability Physical Therapy, supporting 21 clinics across the Ann Arbor, MI region.

Christopher Hagedon PT, DPT, AT, ATC, CIMT

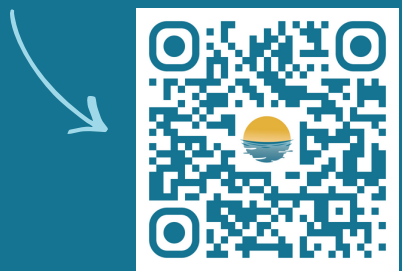
Christopher earned his B.S. in Athletic Training/Sports Medicine and his Doctorate in Physical Therapy from Central Michigan University. A licensed athletic trainer and physical therapist, he completed the Integrated Manual Therapy certification through Great Lakes Seminars and now serves as a clinic director for Proability Physical Therapy, also providing AT coverage to local schools. He blends his sports medicine background with GLS's test-treat-retest approach to help patients improve function and reach their goals. A Michigan native, he enjoys sports and spending time with his wife, daughter, and two dogs.

2026 Course Schedule

- February 22, 2026 - Virginia Beach, VA
- March 29, 2026 - Toledo, OH or Live Hybrid
- June 14, 2026 - Lansing, MI
- October 25, 2026 - Philadelphia, PA

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

Scan the QR code below to view the Optimizing Lower Extremity Exercise Interventions 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.



Optimizing Lower Extremity Exercise Interventions: A Practical Approach

2026



We Don't Just Teach. We Inspire.

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| 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 |
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Optimizing Lower Extremity Exercise Interventions

Course Description

Are you tired of using the same exercises in most of your lower extremity patient programs? Do you want to both increase your understanding and implementation of lower extremity exercise programs and the level of care you give your patients? Come expand your understanding and repertoire of lower extremity exercise interventions in this course.

In this 1-day course, we create a framework for exercises that emphasize improving mobility of the LE joints, re-education of stabilizing muscles and progressive overload to restore normal function in your patient. You will leave this course with an abundance of new exercises to choose from, along with a greater understanding of why and when to choose each.

Also be sure to check out **Optimizing Upper Extremity Exercise Interventions**, which is scheduled on the same weekends as below, so you can complete two 1-day courses in the same weekend!

Course Objectives

- Identify squatting and deadlifting mechanical impairments and give at least 1 exercise for the hips, knees, and ankles that will improve mechanics
- Learn at least 5 exercises to incorporate for HEP to aid in pelvic stability and pelvic neutral alignment
- Able to take a common injury or hip impairment and give at least 3 exercises with progressions and regressions with rationale
- Apply current evidence-based exercise interventions to post-op protocols for common knee procedures
- Assess foot stability in various functional activities and positions and give appropriate exercises to correct dysfunctions

Course Outline:

Saturday

7:30am - Doors Open

8:00am - Introduction & evidence-based literature review for LE's

8:30am - Lab: Pelvic mobility and strengthening exercises

9:00am - Lab: Hip exercises for mobility and ROM

9:30am - Lab: Hip stability, neuromuscular re-ed, progressive strengthening, squat and deadlifting form and corrections

11:30am - Lab: Hip case studies for common conditions and post-operative patients

12:00pm - Lunch (on your own)

1:00pm - Lab: Knee exercises for mobility and ROM

2:00pm - Lab: Knee stability, neuromuscular re-ed, and progressive strengthening

2:30pm - Lab: Knee case studies for common conditions and post-operative patients

3:30pm - Lab: Foot/Ankle exercises for mobility and ROM stability, neuromuscular re-ed, and progressive strengthening

4:00pm - Lab: Foot/Ankle intrinsic stability, single limb stability, and strengthening

4:30pm - Lab/Wrap-up: Foot/Ankle case studies for common injuries and post-operative patients

5:00pm - 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 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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Credit Card Number

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Expiration Date (Month/Year)

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Billing Zip Code