

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

- April 11, 2026 - Edison, NJ
- August 8, 2026 - Miami, FL
- August 22, 2026 - Boise, ID
- December 5, 2026 - Isanti, MN

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

Scan the QR code below to view the Optimizing Spinal 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 Spinal Exercise Interventions: A Practical Approach

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

Optimizing Spinal Exercise Interventions

Course Description

One of the greatest joys for a clinician is to help a patient with debilitating back pain, restoring their freedom to both function without pain and return to doing what they love. Effective spine and core exercises are critical to your spine patient's treatment program, especially helping them maintain their improvements.

This 1-day course will take your spinal and core exercise intervention to an entirely new level. We will cover cervical to lumbar spine biomechanics, core function, and stability training. We will give you an abundance of up-to-date exercises to help you provide effective interventions to your patients. This course will allow you to confidently and effectively implement comprehensive exercise prescriptions for all of your back pain patients, from the cervical to the lumbar spine, from basic to complex.

This is a lab-based course—please make sure to wear appropriate attire and keep moving during class!

Course Objectives

- Able to demonstrate at least 5 exercises that will effectively improve cervical, thoracic, and lumbar mobility
- Identify scapular mechanic impairments and give at least 3 muscles to target with exercises that will help improve stability and/or mobility
- Design personalized HEP to help target core weaknesses in any of the three segments of the spine
- Able to correctly identify impairments with pelvic mobility or stability, and give 3 exercises to address impairments
- Implement evidence-based exercises into daily exercise programming at your clinics

Course Outline:

Saturday

7:30am - Doors Open

8:00am - Introduction, review of spine biomechanics, and evidence-based literature review

8:30am - Lab: Cervical exercises for improving ROM and mobility

9:00am - Lab: Cervical stability, neuromuscular re-ed and progressive strengthening

10:15am - Lab: Scapular mechanics and scapular stability exercises

11:00am - Lab: Thoracic spine and rib mobility

11:30am - Lab: Case studies

12:00pm - Lunch (on your own)

1:00pm - Lab: Lumbar exercises to improve mobility and ROM

1:45pm - Lab: Core exercises focusing on stability and dynamic functional tasks

3:30pm - Lab: Pelvic mobility and strengthening exercises

4:00pm - Case studies

4:30pm - Wrap up and questions

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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Expiration Date (Month/Year)

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Security Code

Billing Street Address _____

Billing Zip Code _____