

## 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

**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 Probility 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 28 - March 1, 2026 - Owings Mills, MD
- March 28-29, 2026 - Sparks, NV
- April 25-26, 2026 - Norfolk, VA
- November 7-8, 2026 - Phillipsburg, NJ

Please check our website for the most updated schedule: [www.glseminars.com](http://www.glseminars.com)

Scan the QR code below to view the Overhead Athlete course page on our website!



## Interested in hosting this course at your facility?

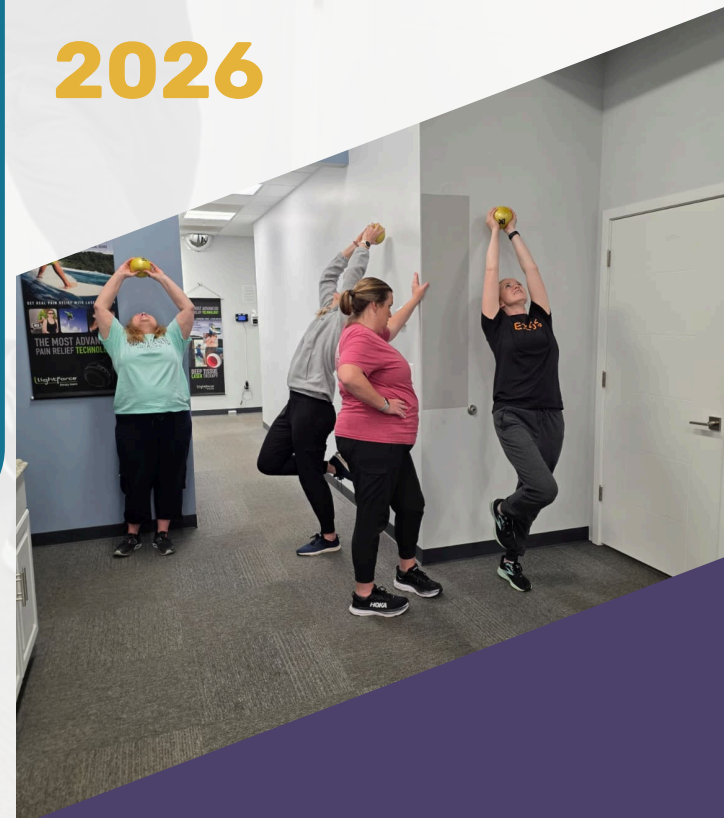
Bring our instructors to your clinic or organization for an exclusive training experience tailored to your team. Contact us for hosting details and availability.



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# Overhead Athlete: A Comprehensive Treatment 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

# Overhead Athlete

## Course Objectives

- Recognize 3 biomechanical characteristics that contribute to increased injury risk in the arm of the overhead athlete
- Given a mechanical fault in the performance of the overhead sports movement, provide 2 biomechanical contributors to the mechanical fault
- Recognize 3 sociocultural factors that contribute to the development of chronic/overuse injuries in the overhead athlete
- Identify 3 postural characteristics common in the presentation of the overhead athlete
- Given a specific joint/tissue dysfunction, provide 2 biomechanical contributors and 2 biomechanical consequences for the respective sport
- Define the role of 3 different core muscles in the transfer of energy from the lower extremity to the upper extremity
- Define the role of 3 different scapular muscles in the transfer of energy from the trunk to the arm
- Correctly identify and perform mobilization/release of 3 scapular muscles
- Correctly identify and perform mobilization/release of 3 trunk and/or hip muscles
- Properly execute a functional strength assessment of upper extremity, lower extremity and trunk
- Identify a dysfunctional movement pattern during functional movement assessment
- Develop 2 motor retraining exercises that addresses dysfunctional movements identified during your movement/manual assessment
- Develop 2 dynamic exercises that would reinforce motor retraining

## 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.



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## Course Outline:

### Saturday

**7:30am** - Doors open  
**8:00am** - Lecture: Introduction and the overhead athlete paradox  
**9:30am** - Lecture: Anatomy review of shoulder complex, trunk, hips, lower extremity  
**10:30am** - Lecture: The throwing motion  
**11:15am** - Lecture: Biomechanics of the throwing motion and similar patterns (volleyball, tennis, swimming)  
**12:00pm** - Lunch (on your own)  
**1:00pm** - Lecture: Throwing mechanical deviations  
**1:30pm** - Lecture: Sport specific biomechanics and rehab considerations  
**2:15pm** - Lab: Overhead athlete screens and rehab considerations  
**3:00pm** - Lab: Live throwing demonstration  
**3:30pm** - Lab: Mobs, MET, and MFR of the ankle, hips, and trunk/spine  
**4:15pm** - Lab: Mobs and MFR of the elbow, wrist, and forearm  
**5:00pm** - Lab: Mobs, MET, and MFR of the 1st rib and GH complex  
**5:30pm** - Adjourn

### Sunday

**7:30am** - Doors open  
**8:00am** - Review of overhead athlete mechanics  
**8:15am** - Lab: MET of the scap, MFR and mobs of SC and AC joints  
**9:00am** - Lab: Review and video analysis using smartphone of previous day's thrower  
**9:30am** - Lab: Video analysis of other overhead athletes  
**10:00am** - Lab/Lecture: Creating return to sport/throwing progression program  
**11:00am** - Lecture: Review of current literature for pitch guidelines and youth sport considerations  
**11:30am** - Lab: Exercise - Hip and thoracic mobility  
**12:00pm** - Lunch (on your own)  
**1:00pm** - Lab: Exercise - Trunk and pelvic control  
**1:30pm** - Lab: Exercise - Hip hinge progression  
**2:00pm** - Lab: Exercise - Scapular strengthening/motor control  
**2:30pm** - Lab: Exercise - Manual resistance  
**3:00pm** - Lab: Exercise - Sport specific rhythmic stabilizations and activities  
**3:30pm** - Lab: Exercise - Medicine ball control  
**4:00pm** - Lab: Speed mobilizations  
**4:30pm** - Lab: Review of lab materials  
**5:00pm** - Adjourn

## REGISTER TODAY!

Register online at [www.glseminars.com](http://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

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Expiration Date (Month/Year)

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Security Code

Billing Street Address

Billing Zip Code