



# Comprehensive Treatment of the Foot and Ankle

## 2026

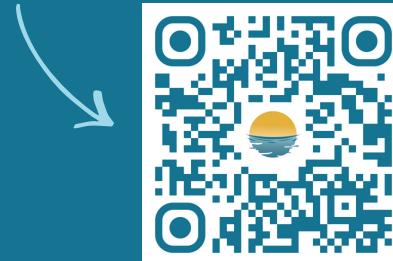


### 2026 Course Schedule

- April 11-12, 2026 - Richmond, VA
- June 6-7, 2026 - Toledo, OH or Live Hybrid
- October 3-4, 2026 - Cherry Hill, NJ
- December 12-13, 2026 - Glen Burnie, MD

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

Scan the QR code below to view the Comprehensive Treatment of the Foot and Ankle 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.

### 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

## For More Information

419-969-6099

info@glseminars.com

[www.glseminars.com](http://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

### Skye Prince PT, CIMT, Cert-DN

Skye has lived in Paris, TN since 2000 and is a proud Tennessee Volunteer Fan! Go Rocky Top! Skye attended the University of Tennessee at Martin and graduated with a degree in Cellular and Molecular Biology. She then attended The University of Tennessee at Chattanooga to achieve her Doctorate in Physical Therapy in 2012. She has worked in outpatient physical therapy since graduation while pursuing higher certifications in manual techniques. Skye was awarded her CIMT (Certified Integrative Manual Therapist) in 2018 and Cert-DN (Certified Dry Needle) in 2020. She joined the Dynamix team in 2020 and is currently directing a clinic in her hometown of Paris.

Skye lives in Paris with her husband, Adam, and daughter, Hailey, who is a junior at UTM. Skye is an animal lover, enjoys reading a good book and traveling with friends and family. She will challenge anyone to Disney and Harry Potter trivia. Her favorite book to give to friends is "The Alchemist" by Paulo Coelho.



great lakes seminars

# Comprehensive Treatment of the Foot and Ankle

## Course Description

The foot is an area that's commonly grazed over within academic curriculums. This course will provide you with a great foundation for how to evaluate and treat the most common foot diagnoses, even connecting the dots from dysfunctions elsewhere in the body that may influence the area. Come unravel the mystery of the foot through treatment of its joints, intrinsic muscles and fascia.

This course focuses on how to restore normal foot mechanics and take stress off of the soft tissues in the foot through manual techniques, taping and orthotic therapy. Manual therapy techniques covered include joint mobilizations and myofascial release/soft tissue mobilizations. You'll also make a pair of temporary orthotics, utilizing a structural and functional approach that can be easily replicated on Monday morning.

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

- Select the correct mobilization technique, myofascial technique, and correct taping based on a patient's clinical presentation
- Demonstrate the correct hand technique and grading of joint mobilization for specific mobilizations
- Demonstrate specific techniques for MFR of the foot and lower extremity to treat foot and ankle dysfunctions
- Demonstrate specific techniques for taping of the foot and ankle
- Demonstrate treatment progressions for the foot and ankle

## Course Outline:

### Saturday

7:30am - Doors Open  
8:00am - Lecture: Introduction, Naming and Understanding FF and RF Dysfunctions, Normal and Abnormal Foot Biomechanics, Common Pathologies from Over Pronation and Supination  
10:15am - Lecture: Foot Function during Gait, Athletic Shoe Discussion, Function of Orthotics, Anatomy Review  
12:00pm - Lunch (on your own)  
1:00pm - Lab: Palpation and Evaluation of the Foot/Ankle Complex  
4:00pm - Mobilization of the Ankle: TC, Distal and Proximal Tib-Fib Joints  
5:00pm - Review of Evidence-Based Literature for Today's Topics  
5:30pm - Adjourn

### Sunday

7:30am - Doors Open  
8:00am - Lab: Joint Mobilization of the Rearfoot and Midfoot Joints  
9:00am - Lab: Joint Mobilization of Forefoot and Hallux Joints  
10:15am - Lab: MFR of the Foot/Ankle Complex  
11:00am - Lab: Taping  
12:00pm - Lunch (on your own)  
1:00pm - Lab: Taping (cont.)  
2:00pm - Orthotic Discussion and Demonstration  
3:00pm - Lab: Orthotic Fabrication  
4:00pm - Case Study and Speed Mobilization 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](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 \_\_\_\_\_