

## For More Information

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

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

### Jason Hepworth PT, DPT, CIMT, CIDN

Jason holds a bachelor's degree in Health and Fitness in Preventative and Rehabilitative Programs from Central Michigan University. He also holds a doctorate in physical therapy from Grand Valley State University and is a Certified Integrated Manual Therapist (CIMT) through Great Lakes Seminars. Jason's approach to therapy encompasses the use of joint and soft tissue mobilization, functional therapeutic exercise and patient education to return his patients to their highest functional level. Jason is always looking for opportunities to learn new things and improve himself as a clinician. Jason, his wife, and two children live in Southeast Michigan.

## 2026 Course Schedule

- August 15, 2026 - 9:00 am-12:00pm ET

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

Scan the QR code below to view the ACL Rehabilitation & Return to Sport webinar page on our website!



# Beyond the Protocol: A Principles-Based Approach to ACL Rehabilitation & Return to Sport

## 2026

**We Don't Just Teach. We Inspire.**

**75% Hands-On Training**  
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with confidence

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instructors who truly care

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that will fly by

# Beyond the Protocol: A Principles-Based Approach to ACL Rehabilitation & Return to Sport

## Course Description

Standard ACL protocols often leave clinicians stuck in the “protocol trap,” where progress is dictated by the calendar rather than biology and movement quality. With re-tear rates reaching 30% in young athletes, it is time to look beyond the knee joint. This webinar utilizes the Great Lakes Seminars “Finding the Dysfunction” philosophy to address the kinetic chain drivers (hip and ankle) that lead to ACL failure.

You will learn how to integrate modern technology like Blood Flow Restriction (BFR) and Force Plate metrics to break through muscle inhibition and quantify readiness. We will move beyond the basic straight-leg raise into high-level functional synergies, deceleration training, and reactive agility. Walk away with a clear, evidence-based roadmap to transition your patients from the post-op table to peak performance with confidence.

## Continuing Education

This course has been submitted for 3 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.

## Course Outline:

**Section 1** – The Clinical “Hook” – The “Protocol Trap” (20 minutes)

**Section 2** – Foundational Principles – Biology, Grafts, and the Kinetic Chain (35 minutes)

**Section 3** – The Step-by-Step Methodology – The Functional Exercise Lab (95 minutes)

**Section 4** – Clinical Decision Making – Criteria Over the Calendar (15 minutes)

**Section 5** – Evidence & Efficacy – High-Tech Verification (10 minutes)

**Section 6** – The “Monday Morning” Implementation (5 minutes)

## Course Objectives

- Clearly identify 3 kinetic chain “Drivers” (at the hip or ankle) that contribute to ACL strain and explain how these dysfunctions lead to compensatory movement failure.
- Correctly describe the biomechanical nuances and specific rehabilitation priorities for three common graft types: Bone-Patellar Tendon-Bone (BPTB), Quad Tendon (QT), and Hamstring autografts.
- Clearly outline the step-by-step clinical reasoning for integrating Blood Flow Restriction (BFR) and manual therapy glides to break Arthroscopic Muscle Inhibition (AMI) in the early post-operative phase.
- Correctly demonstrate the “If/Then” clinical decision-making logic used to progress an athlete from table-based exercises to functional loading based on biological milestones rather than a calendar.
- Clearly describe 3 specific functional assessment markers –including the Lateral Step-Down and the “Snap-Down”– used to identify “Quiet” vs. “Loud” landing mechanics and load avoidance.

## 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

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Discipline \_\_\_\_\_

State(s) Licensed In \_\_\_\_\_

Course Location: \_\_\_\_\_

Course Date: \_\_\_\_\_

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