

Tips and Tricks for Treatment of the Difficult Knee

2026



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2026 Course Schedule

- February 28, 2026 - 9:00am-12:00pm
- November 21, 2026 - 9:00am-12:00pm

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

Scan the QR code below to view the Tips and
Tricks for Treatment of the Difficult Knee
webinar page on our website!



For More Information

 419-969-6099

 info@glseminars.com

 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

Adam Naab
PT, DPT, CIMT

More about Adam coming soon...

Tips and Tricks for Treatment of the Difficult Knee

Course Description

Some knee patients just don't follow the typical recovery path—and this webinar is designed to help you figure out why. Focused on treating the “difficult knee,” this live webinar offers clinical pearls, hands-on techniques, and insights to help you finally make progress with patients who haven't responded to traditional approaches. A variety of diagnoses will be explored to help you identify the underlying reasons for treatment resistance and tailor your approach accordingly.

Participants will learn specific techniques such as joint mobilizations, myofascial release (MFR), and more, along with how to integrate the Fear-Avoidance Model of Musculoskeletal Pain into patient care. You'll also gain strategies to explain pain in a way that builds trust and supports long-term functional gains. This webinar equips you with the tools, language, and techniques to get better outcomes—especially when the knee case gets tricky.

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 – Types of Knee Dysfunctions (1 hour)

Section 2 – Anatomy of the Knee Complex (30 min)

Section 3 – Treatment Techniques: Mobilizations (45 min)

Section 4 – Treatment Techniques: MFR (30 min)

Section 5 – Overpronation (5 min)

Section 6 – Perceived Threat and Explaining Pain to Patients (10 min)

Course Objectives

- Correctly describe how 15 different muscles or joints can cause pain or loss of ROM in the knee.
- Correctly identify 3 impairments caused by knee dysfunction.
- Correctly perform 8 joint mobilizations to improve pain or loss of ROM in the knee.
- Correctly perform 8 MFR techniques to improve pain or loss of ROM in the knee.
- Correctly state 5 key anatomical structures of the upper quarter and their application to joint mechanics, movement, and dysfunction.

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

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Course Location: _____

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