

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 Probility 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 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 21, 2026 - Virginia Beach, VA
- March 28, 2026 - Toledo, OH or Live Hybrid
- June 13, 2026 - Lansing, MI
- October 24, 2026 - Philadelphia, PA

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

Scan the QR code below to view the Optimizing Upper Extremity 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 Upper Extremity 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 Upper Extremity Exercise Interventions

Course Description

This class will increase your understanding of effective upper extremity exercise prescription, as well as provide you with real-life examples to help you choose the appropriate exercise(s) for your patient's condition and keep their program varied and interesting.

In this 1-day course, we create a framework for exercises that emphasize improving mobility of the UE joints, re-education of stabilizing muscles and progressive overload to restore normal function in your patient. The exercises covered in this course will improve your ability to effectively treat UE conditions and injuries you commonly see in your clinics. Take your understanding of UE exercise intervention and ability to create effective exercise programs to the next level, giving your patients the care they deserve.

Also be sure to check out **Optimizing Lower Extremity Exercise Interventions**, which is scheduled on the same weekends as below, so you can complete two 1-day courses in the same weekend!

Course Objectives

- Learn helpful tools that will help you search through research and literature and be able to determine what research is important and useful
- Determine effective exercises for improving mobility, stability, and strengthening and loading for skeletomuscular impairments
- Be able to break down scapular mechanics, and determine appropriate exercises to correct dysfunctions
- Be able to apply progressions and regressions for effective exercise prescription
- Able to create a HEP that is best suited for common conditions and post operative protocols that you will see in the clinics

Course Outline:

Saturday

- 7:30am - Doors Open
- 8:00am - Introduction and evidence-based literature review
- 8:45am - Lab: Scapular mechanics and scapular stability exercises
- 9:30am - Lab: Shoulder exercises for mobility, stability, neuromuscular re-ed, and progressive strengthening
- 11:00am - Lab: Shoulder exercise for common conditions and post-operative patients
- 11:30am - Lab: Shoulder case studies
- 12:00pm - Lunch (on your own)
- 1:00pm - Lab: Elbow exercises for mobility, stability, neuro re-ed, and progressive strengthening
- 2:00pm - Lab: Elbow exercise prescription for common conditions and post operative patients
- 2:30pm - Lab: Elbow case studies
- 3:00pm - Lab: Wrist/Hand exercises for mobility, stability, neuromuscular re-ed, and progressive strengthening
- 4:00pm - Lab: Wrist/Hand exercise for common conditions and post-operative patients
- 4:30pm - Lab/Wrap-up: Wrist/Hand case studies
- 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: \$350

Check Payable to: Great Lakes Seminars

VISA MasterCard AMEX Discover

Credit Card Number

Expiration Date (Month/Year)

Security Code

Billing Street Address _____

Billing Zip Code _____