



2020 FINDING DYSFUNCTION:

*A Master Clinician's Approach to
Finding the Cause of Patient Pain*

Saturday, May 30 and Sunday, May 31

LOCATION

Mary Free Bed Professional Building
Meijer Conference Center
350 Lafayette Ave. SE
Grand Rapids, MI 49503

INTENDED AUDIENCE

PT/PTA

COURSE INSTRUCTOR

Kelly Poppaw, PT, DPT, CIMT

Kelly holds a doctorate in Physical Therapy from Grand Valley State University and a bachelor's degree from Eastern Michigan University, where she was an NCAA Division One athlete and captain of the women's soccer team. As a certified integrated manual therapist, Kelly is credentialed through Great Lakes Seminars to assess mechanical dysfunction from a holistic perspective. She possesses a comprehensive treatment approach, utilizing a wide variety of manual therapy techniques, functional exercise and patient education to provide people with an exceptionally high quality of care. She treats orthopedically across the entire age spectrum, from birth to adult to geriatrics. Kelly created this course after working under Patrick Hoban for many years. She has a passion to teach clinicians how to think systematically, find the root of the patient's problem and eliminate the potential for misdiagnosis. Kelly is a physical therapist and clinic director at Probility Physical Therapy and a trained steward of the leadership methodology Intentional Energetic Presence (IEP). She uses her experience in these areas to create and sustain thriving businesses and cultures.



COURSE OBJECTIVES

At the completion of this seminar, the participant will be able to:

- Synthesize data from a clinical exam to develop a master-level approach to finding the root cause of upper- and lower-extremity pain
- Identify four pathological barriers to motion that can contribute to peripheral joint pain
- Apply the joint-muscle-fascia-compensation framework to justify single and multiple dysfunctions that can contribute to peripheral joint pain
- Devise one to two pain pathways for upper and lower extremity joints in all three planes of motion
- Apply the hypo-hyper compensation model and, as outlined in the manual, identify four ways in which this model contributes to the origin of peripheral joint pain
- Accurately describe the significance of applying the test-treat-retest concept and justify the use of one to two manual therapy techniques for each pathological barrier to motion
- Explain two mechanisms by which mechanical pain is perceived in the brain
- Interpret three key pieces of the patient's subjective history that give the clinician information by which to find dysfunction effectively and efficiently

COURSE DESCRIPTION

This class will give the participant a unique and systematic framework for assessing the body and finding the true cause (what we call the driver) of a patient's limitation of motion and/or symptoms. The major focus points of the approach are the muscle, joint, fascial and compensatory barriers that a patient has in their system that are causing limitation of motion and/or symptoms. The student will learn to assess the body in such a way that they will look beyond the pain area and find the dysfunctions causing the limitation of motion and/or symptoms, which often are in other parts of the body. The two-day course will cover the shoulder, elbow, wrist, hip, knee, ankle and foot, including looking at spinal referred pain.

COURSE SCHEDULE

Saturday, May 30

7:30-8 a.m.	Registration/Continental breakfast (provided)
8-9:30 a.m.	Lecture: Introduction, Overview of the Keys to Finding Dysfunction
9:30-11 a.m.	Lecture: Key Concepts – Discussion on Mechanical Pain
11 a.m.-Noon	Lecture: Key Concepts with Finding Joint Dysfunctions <ul style="list-style-type: none">• Hypo-Hyper Compensation Model• Test-Treat-Retest Concept• Clinical Pearls of Palpation
Noon-1 p.m.	Lunch (provided)
1-2:30 p.m.	Lecture: Key Concepts with Finding Muscle Dysfunctions <ul style="list-style-type: none">• Hypo-Hyper Compensation Model• Muscle Length-Tension Relationship• Muscle Tone Dysfunction
2:30-4 p.m.	Lecture: Key Concepts with Finding Muscle Dysfunction <ul style="list-style-type: none">• Muscle Actions, Functions and Force Couples• Etiology of Muscle Dysfunctions
4-4:30 p.m.	Review of evidence-based literature for today's topics
4:30 p.m.	Review questions and self-assessment
5:30 p.m.	Adjourn

Sunday, May 31

7:30-8 a.m.	Registration/Continental breakfast (provided)
8-8 a.m.	Lecture: Review Questions
9-10:45 a.m.	Lecture: Key Concepts with Finding Fascial Dysfunctions <ul style="list-style-type: none">• Recognizing the Four Fascial Layers• Scars• The Roles of Fascia• Myofascial Slings
10:45 a.m.-Noon	Lecture: Key Concepts with Finding Compensation Dysfunctions <ul style="list-style-type: none">• Compensation and Hyperactivity• Examples of Movement Compensations• Functional Synergies
Noon-1 p.m.	Lunch (provided)
1-3:15 p.m.	Lecture: Applying the Joint-Muscle-Fascia-Compensation (JMFC) Framework (identifying key dysfunctions in hip, knee, ankle, foot, shoulder, elbow and wrist regions)
3:15-4:45 p.m.	Lecture: Case Studies and Speed Thinking using Pain Algorithms
4:45-5 p.m.	Questions, post-test course evaluation
5 p.m.	Evaluation/Adjourn

CONTINUING EDUCATION CREDITS

This course has been submitted for 16 continuing education hours. 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.

CANCELLATION POLICY

Great Lakes Seminars reserves the right to cancel a course. In the unlikely event of a cancellation, GLS will issue a full refund of the registration fee, but will not be responsible for any other charges incurred by the registrant due to the cancellation of the course.

Registrants canceling outside of two weeks (14 calendar days) of the course may receive a refund less a \$50 cancellation fee, transfer to another course without penalty or keep a credit with us for a future course without penalty. Please note that course credits are non-refundable.

Registrants canceling within two weeks (14 calendar days) of the course are not eligible to receive any refunds. Registrants have the option to transfer to another course or keep a credit with us for a future course, both of which are subject to a \$50 cancellation fee. Please note that course credits are non-refundable.

Registrants who do not show up for a course have one week (seven calendar days) after the course to notify GLS of their absence. At that time, registrants have the option to transfer to another course or keep a credit with us for a future course, both of which are subject to a \$50 cancellation fee. Registrants who do not notify us of their absence within the allotted seven days will forfeit all funds. Please note that course credits are non-refundable.

If you have questions regarding this policy, call 800.210.5856, or email info@glseminars.com.

Registration Information

Course fee \$575

Register online at glseminars.com, or fill out the below form and fax to Great Lakes Seminars at 800.889.0358, or mail your registration and payment to: 2768 Centennial Road, Toledo, OH 43617.

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Discipline: _____

Fax: _____

Course Location: _____

Payment Information

Check payable to: Great Lakes Seminars

Please select one: Visa MasterCard AMEX Discover

Credit Card Number _____

Expiration Date (Month/Year) _____ Security Code _____

Billing Street Address: _____

City/State/Zip: _____

Confirmation Letter: Mail Email Fax

Questions: Contact Great Lakes Seminars: 800.210.5856.

AIRPORT AND HOTEL INFORMATION

The closest airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport, 5500 44th St. SE, Grand Rapids, MI 49512. www.flygrandrapids.org

There are many lodging options in and around the Grand Rapids area, including but not limited to:

AMWAY GRAND PLAZA HOTEL

187 Monroe Ave. NW, Grand Rapids, MI 49503
616.774.2000
0.9 miles west of Mary Free Bed

HOLIDAY INN

310 Pearl St. NW, Grand Rapids, MI 49504
616.235.7611
Downtown Grand Rapids at US 131 and Pearl Street
One mile northwest of Mary Free Bed

DOWNTOWN COURTYARD BY MARRIOTT

11 Monroe Ave. NW, Grand Rapids, MI 49503
616.242.6000 or 800.321.2211
Downtown Grand Rapids at Fulton and Monroe
One mile west of Mary Free Bed

HOMEWOOD SUITES BY HILTON

161 Ottawa Ave. NW, Grand Rapids, MI 49503
616.451.2300
One mile northwest of Mary Free Bed

HAMPTON INN & SUITES - DOWNTOWN

433 Dudley Place NE, Grand Rapids, MI 49503
616.456.2000
One mile north of Mary Free Bed

HOLIDAY INN EXPRESS HOTEL & SUITES

6569 Clay Ave. SW, Grand Rapids, MI 49548
616.871.9700
South of downtown Grand Rapids at US 131 and 68th Street
Nine miles south of Mary Free Bed

SPRINGHILL SUITES BY MARRIOTT

450 Center Drive, Grand Rapids, MI 49544
616.785.1600 or 888.287.9400
springhillsuites.marriott.com
1-96 and Alpine Avenue
Five miles north of downtown Grand Rapids

STAYBRIDGE SUITES BY HOLIDAY INN

3000 Lake Eastbrook Blvd. SE, Kentwood, MI 49512
616.464.3200
29th Street and Lake Eastbrook Boulevard
Eight miles east of Mary Free Bed

SLEEP INN & SUITES

4824 29th St. SE, Grand Rapids, MI 49512
616.975.9000
29th Street and East Paris Avenue
Eight miles east of Mary Free Bed



If you require special arrangements to fully participate in this workshop, please call 616.840.8292.