

*Great Lakes Seminars:*

# ADVANCED SPINAL MOBILIZATION AND MANIPULATION

*Saturday, Jan. 18 and  
Sunday, Jan. 19*

## LOCATION

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

*Presented by:*



## TARGET AUDIENCE

Physical Therapists • Physical Therapy Assistants

## COURSE INSTRUCTORS

**John Duncombe, PT, DPT, OCS, MSPT, CIMT, CSCS, GCS**

John works for Team Rehabilitation Physical Therapy and is the director and owner of an outpatient orthopedic clinic in the northern suburbs of Chicago. He treats an array of outpatient orthopedic dysfunctions, looking at structures, tissues and systems that may be contributing to the source of symptoms. His special interests include post-surgical shoulder and knee patients, cervical-thoracic injuries and runners with lower extremity dysfunctions.



He received his master's degree in Physical Therapy from the University of Wisconsin – Madison. He earned a doctorate in Physical Therapy from the Evidence in Motion Institute of Health Professions while finishing a two-year orthopedic residency program with EIM. He's board certified as an orthopedic clinical specialist from the American Physical Therapy Association. While at the University of Wisconsin, John became a certified strength and conditioning specialist with the National Strength and Conditioning Association as well as a golf conditioning specialist.

**Patrick Hoban, PT, MS, ATC, FF-CIMT**

A physical therapist and athletic trainer since 1994, Patrick started Great Lakes Seminars in 1996, where he is the co-owner and clinical director. He also is the president of Probility Physical Therapy, a company with 13 clinics in southeast Michigan.



He created manual therapy courses for Great Lakes Seminars and has trained its instructors to ensure high quality courses and effective, consistent delivery. He also has taught manual therapy courses around the country for 20 years, taught in physical therapy programs since 1994, was the head athletic trainer at a high school for five years and has performed both independent medical exams and peer reviews for physical therapy. He has an eclectic background in biomechanics, anatomy and manual therapy.

Patrick is a graduate of Grand Valley State University.

## COURSE DESCRIPTION

This course was designed to give the clinician a practical approach to advanced spinal mobilization and spinal manipulation. At the completion of this course, each student should feel comfortable with advanced spinal techniques they can start using on Monday morning.

Course material will include an overview of anatomy, normal and abnormal biomechanics, evaluation of the spine and techniques for advanced spinal mobilization and spinal manipulation. Clinicians will develop an understanding of when to choose a spinal mobilization versus a manipulation, and a proficiency in advanced spinal techniques.

As with all our manual therapy courses, this seminar will follow a progression of principles that will be reinforced throughout the 16 hours. This course is at least 75% hands-on lab and will give the clinician skills they can use immediately upon their return to the clinical setting.

## GOALS OF THE COURSE

- Each participant will have a thorough and in-depth understanding of the cervical, thoracic and lumbar anatomy and biomechanics
- Each participant will have a thorough and in-depth understanding of the concepts of spinal mobilization and manipulation
- Each participant will have the skills to immediately apply the methods learned in the class

## COURSE OBJECTIVES

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

- state the anatomy and physiology behind a joint cavitation
- identify and palpate three specific spinal levels in the cervical spine
- identify and palpate three specific spinal levels in the thoracic spine
- identify and palpate three specific spinal levels in the lumbar spine
- perform three cervical mobilization/manipulation techniques
- perform three thoracic mobilization/manipulation techniques
- perform three lumbar mobilization/manipulation techniques
- perform three sacral/pelvic mobilization/manipulation techniques

## COURSE SCHEDULE

### Saturday

7:30-8 a.m.	Continental Breakfast (provided)
8-9 a.m.	Lecture: Introduction, Overview of Mobilizations vs. Manipulations
9-9:45 a.m.	Lecture: Key Concepts – Cervical Spine
9:45-10:30 a.m.	Lecture: Key Concepts – Thoracic Spine
10:30-11:15 a.m.	Lecture: Key Concepts – Lumbar Spine
11:15 a.m.–Noon	Lecture: Key Concepts – Sacrum
Noon-1 p.m.	Lunch (provided)
1-4:30 p.m.	Lab - Cervical Spine
4:30-5 p.m.	Case Study - Cervical
5-5:30 p.m.	Review Questions and Self-Assessment
5:30 p.m.	Adjourn

### Sunday

7:30-8 a.m.	Continental Breakfast (provided)
8-8:30 a.m.	Review Questions
8:30-10:45 a.m.	Lab: Thoracic Spine
10:45 a.m.–Noon	Lab: Lumbar Spine
Noon-1 p.m.	Lunch (provided)
1-3:15 p.m.	Lab: Sacral/Pelvic
3:15-3:45 p.m.	Case Study - Lumbar
3:45-4:45 p.m.	Review/critique of skill in manipulation in each area
3:30-4:15 p.m.	Lab: Speed Mobilizations
4:15-4:30 p.m.	Application to Clinical Situations
4:30-5 p.m.	Review of evidence-based literature for today's topic
5 p.m.	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

Payment in due in full with registration, and there is a non-refundable cancellation fee of \$50. There will be no refunds given after the two-week (14 calendar days) mark before a seminar. Great Lakes Seminar reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of cancellation, Great Lakes Seminar will not be responsible for any charges incurred by the registrant due to cancellation of the course, other than the course cost. If you have questions regarding this policy, please call 800.210.5856, or email [info@glseminars.com](mailto:info@glseminars.com).

## REGISTRATION

Course fee: \$575

Register online at [www.glseminars.com](http://www.glseminars.com), or fill out the 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 \_\_\_\_\_

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Questions:

Great Lakes Seminars

2768 Centennial Road, Toledo, OH 43617

800.210.5856

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

## 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, [flygrandrapids.org](http://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 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 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](http://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

