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.

Instructor

Justin Diebold
PT, DPT, CIMT

Justin received his Bachelor's in Integrative Physiology in 2012 from the University of Colorado – Boulder, where he played trumpet in the Golden Buffalo Marching Band. He went on to complete his Doctorate in Physical Therapy from the University of Michigan – Flint in 2016. As a Certified Integrated Manual Therapist, Justin is credentialed through Great Lakes Seminars to assess mechanical dysfunction and to treat with a comprehensive approach. He uses this approach to treat patients with orthopedic, balance, and vestibular impairments. Justin is passionate about high quality patient education to promote patient autonomy and motivation. He is a clinic director of an outpatient orthopedic clinic in Southeast Michigan. Justin loves to play music and enjoys spending his time camping and hiking with his wife and two dogs.

2027 Course Schedule

- January 9-10, 2027 - Toledo, OH or Live Hybrid
- June 26, 2027 - EXPRESS (Online)
- October 16-17, 2027 - Somerset, NJ
- November 13-14, 2027 - Albuquerque, NM
- December 4-5, 2027 - Richmond, VA

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

Scan the QR code below to view the Building Better Balance 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.

great lakes seminars

Building Better Balance

2027

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

Building Better Balance

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Course Description

There are many reasons why patients experience dizziness and balance impairments. This course will expose each reason to teach you how to confidently assess and treat patients with these dysfunctions. You'll learn how the sensory systems relate to balance dysfunction and how to utilize this information to apply effective manual therapy techniques and create a comprehensive balance training program for your patients. Plus, we'll dive deep into the "why" behind each balance exercise, so you can customize your balance training programs to best fit each patient. Treatment techniques include MFR, joint mobilization, Tai Chi, strength/power training and BPPV made easy!

As with all our manual therapy courses, this course is at least 75% hands-on lab, and will give you skills you can use immediately upon returning to the clinic.

Course Objectives

- Correctly perform 12 relevant manual therapy techniques which may improve postural control or address impairments associated with balance dysfunction
- Verbally identify signs and symptoms of benign paroxysmal positional vertigo
- Correctly perform the Dix Hallpike test and the Canlith Repositioning Maneuver to address posterior/anterior semicircular canal dysfunction
- Correctly perform the Supine-Roll test and the Appiani Treatment to address horizontal semicircular canal dysfunction
- Correctly perform five tai chi forms or exercises
- Correctly perform at least 20 exercises which may promote the development of strength, power, flexibility, and balance
- Develop a comprehensive balance rehabilitation regimen

Course Outline:

Saturday

7:30am - Doors Open
8:00am - Lecture: Postural control overview, anatomy and physiology of balance systems
10:45am - Lecture: BPPV
11:30am - Lab: Muscle strength/power training and Tai-Chi
12:00pm - Lunch (on your own)
1:00pm - Lab: BPPV treatment and nystagmus overview (oculomotor exam, Hallpike-Dix, Canalith Repositioning Maneuver, Supine Roll Test, Appiani Treatment)
2:00pm - Lab: Joint mobilization (AA, OA, rib cage)
3:15pm - Lab: Lower extremity joint mobilization – Hip (extension/neutral)
3:45pm - Lab: Lower extremity joint mobilization – Knee (patellofemoral joint, tibiofemoral joint)
4:30pm - Lab: Review and speed mobilization
5:00pm - Lab: Review of evidence-based literature
5:30pm - Adjourn

Sunday

7:30am - Doors Open
8:00am - Lab: Review and speed mobilizations (suboccipital group, trunk – anterior cervical/thorax)
9:30am - Lab: Lower extremity joint mobilization (ankle – distal tibiofibular joint, talocrural joint)
10:00am - Lab: MFR (pectoralis major, knee – articularis genu, lower leg – gastrocnemius and soleus)
11:30am - Tai Chi
12:00pm - Lunch (on your own)
1:00pm - Lab: Tai Chi sequence/group instruction
2:00pm - Lab: Balance basics
2:30pm - Lab: Strength/power training
4:00pm - Case Presentation, independent thinking and facilitated group review
4:30pm - Question/answer session, post test and course evaluation
5:00pm - Adjourn

Continuing Education

This course has been submitted for 16.5 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: $650

☐ Check Payable to: Great Lakes Seminars

☐ VISA ☐ MasterCard ☐ AMEX ☐ Discover

Credit Card Number

Expiration Date (Month/Year)

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