

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

Mike Antal MPT, CIMT, CSCS

Mike received his Masters in Physical Therapy from Oakland University in Rochester, Michigan in 1997. He has also received his CIMT through Great Lakes Seminars and his CSCS through the National Strength and Conditioning Association. Mike is currently the director of an outpatient orthopedic clinic treating a variety of orthopedic dysfunctions with specialization in post-surgical orthopedic rehabilitation. Mike employs a diverse treatment approach utilizing a combination of joint mobilization techniques, muscle energy and myofascial release. He joined the Great Lakes Seminars team in 2006 after taking a number of the GLS courses and experiencing the effectiveness of these techniques with his patients. He continues to expand his knowledge in manual therapy through teaching and continuing education courses.

2026 Course Schedule

- January 10-11, 2026 - Broken Arrow, OK
- February 21-22, 2026 - Toledo, OH or Live Hybrid
- March 7-8, 2026 - Gambrills, MD
- July 25-26, 2026 - Honolulu, HI
- October 17-18, 2026 - Savannah, GA
- November 14-15, 2026 - Lynnwood, WA

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

Scan the QR code below to view the Comprehensive Treatment of the Shoulder 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.



Comprehensive Treatment of the Shoulder

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

Comprehensive Treatment of the Shoulder

Course Description

The shoulder is one of the most difficult joints to treat because the true cause of the problem is often missed. This course will provide you with a systematic approach to find the true driver of shoulder dysfunction as well as an entirely unique way to treat the shoulder girdle complex and help your patients quickly return to a high level of function. We'll focus on the concept of hypo-hyper compensation, while incorporating joint mobilizations in ways not often shown. Plus you'll learn myofascial release, taping techniques and a fresh way to look at muscle re-education and strengthening of the shoulder!

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

- Accurately describe anatomical structures covered in the manual and their application to shoulder joint complex mechanics, shoulder movement and shoulder dysfunction
- Accurately describe the treatment concepts for shoulder joint mobilizations and myofascial release of the shoulder as discussed in the manual
- State the 5 treatment principles for shoulder taping
- Independently discuss strengthening and movement re-education
- Demonstrate each of the 8 joint mobilizations, 5 taping techniques, and 7 myofascial release techniques as shown in the course manual with proficiency and skill

Course Outline:

Saturday

7:30am - Doors Open
8:00am - Lecture: Introduction to a comprehensive approach to treatment of the shoulder
9:00am - Lecture: Overview of anatomy of the shoulder complex and its effect on mobilizations, MFR, etc.
10:00am - Lecture: Introduction and review of the concepts of functional joint mobilization, MFR, joint taping and muscular re-education
11:00am - Lab: Mobilization of S-C joint, Upslips
12:00pm - Lunch (on your own)
1:00pm - Lab: Mobilization of A-C joint and scap-thor joint
3:00pm - Lab: Mobilization of GH Joint, 1st Rib, T-Spine
5:00pm - Review of evidence-based literature for today's topics
5:30pm - Adjourn

Sunday

7:30am - Doors Open
8:00am - Lab: Crossed-hand techniques, extremity release techniques
10:15am - Lab: MFR of Cervical-thoracic releases
12:00pm - Lunch (on your own)
1:00pm - Lab: Taping of MDI, UT inhibition, LT facilitation, A-C joint stabilization
2:00pm - Lecture: Muscular re-education of the shoulder complex
3:15pm - Lab: Speed mobilizations
4:00pm - Lab: Application to specific clinical situations
4:30pm - Review of evidence-based literature for today's topics
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

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Credit Card Number

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Expiration Date (Month/Year)

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Security Code

Billing Street Address _____

Billing Zip Code _____