



For More Information:

Phone: 419-969-6099

E-mail: info@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 seminar. 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.

This course is also available as a private course for your staff. Please visit www.glseminars.com for more details.

2025 Course Schedule

- February 1-2, 2025 - Toledo, OH or Live Hybrid
- April 5-6, 2025 - Albuquerque, NM
- September 20-21, 2025 - Edison, NJ
- November 1-2, 2025 - Portland, OR

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

Continuing Education

Our courses are submitted for continuing education approval in the state in which they are held. Please check www.glseminars.com to ensure that the course you are planning to attend is approved in your state. Certificates of completion with the number of course hours will be emailed to attendees after the completion of each course.



**An Introduction to
Diagnosis & Treatment
of Pelvic Floor Dysfunction**

2025



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

www.glseminars.com

An Introduction to Diagnosis and Treatment of Pelvic Floor Dysfunction

Course Objectives

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

- Correctly identify and palpate 7 specific tissues in the abdominal pelvic area that create pelvic floor dysfunction and diagnosis
- Correctly diagnose 5 specific lumbar dysfunctions and explain how each can impact 5 pelvic floor diagnoses
- Correctly demonstrate the ability to choose from and instruct patients in 5 specific home program exercises/techniques for the urological and gynecological systems
- Correctly perform 5 specific mobilizations and MET to the lumbar-pelvic complex
- Correctly palpate 7 landmarks of the pelvis, sacrum and coccyx



Jessica Wyen
PT, DPT, ATC, CIMT

Jessica received a doctorate in physical therapy from the University of Dayton. She also has a Bachelor of Science with a focus on Athletic Training from the University of Toledo and is a certified athletic trainer (ATC). Jessica lives an active lifestyle,

participating in sports and running. Jessica is a clinic director for Probility Physical Therapy in Plymouth, MI and offers a specialized Women's Health treatment program.

Course Outline

Saturday

- 7:30am Doors open
8:00am Lecture: Instruction on normal and abnormal function of the core and pelvic floor
9:00am Lecture: Anatomy instruction/review of the bones and muscles of the lumbar and pelvic region
10:30 Lecture: Instruction on the concepts of Myofascial Release and Muscle Energy Technique for the Pelvis
12:00pm Lunch (on your own)
1:00pm Lab: Bony pelvis palpation, MET - flares, slips, rotations
3:00pm Lab: Sacrum palpation, MET - torsions, 3D sacral release, sacral taping, HEP
4:00pm Lecture: Coccyx
5:00pm Lab: Coccyx Palpation
5:30pm Adjourn

Sunday

- 7:30am Doors open
8:00am Lab: Coccyx palpation cont., MET, mobilization, taping
10:30am Lab: MFR Anterior Fascial Line - diaphragm, abdominals, psoas, pectineus, adductors
12:00pm Lunch (on your own)
1:00pm Lab: MFR Posterior - QL, multifidus, piriformis, glute med, QF, sacrotuberous ligament
2:30pm Lab: MFR Pelvic Floor (all external) -Ischiocavernosus, superficial transverse perineal, bulbocavernosus, perineal body, levator ani, coccygeus, obturator internus
4:15pm Lab: Case Study group work and overall review
4:45pm Question/answer session, post test, course evaluation
5:00pm Adjourn

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 _____	
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E-mail _____	
Discipline _____	Fax _____
Course Location: _____	
Course Date: _____	
Course Fee: \$650	
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“ The instructors are superb and obviously love what they do. Because of your courses, I have taken my clinical skills to a whole new level. ” - Virginia Beach, VA