

## FACULTY

**Terry Bemis, PT, MS, Cert MDT** has been teaching manual therapy courses since 1992. Bemis graduated from the U.S. Army/Baylor University Program in Physical Therapy in 1985 followed by numerous job assignments in the military. He then earned a M.S. in Biomechanics from the College of Osteopathic Medicine at Michigan State University in 1992. It was during this time period that he had the honor of training under Philip Greenman, D.O. Additional certifications include being recognized as an Orthopedic Clinical Specialist (OCS) by the APTA in 1995 and in Mechanical Diagnosis and Therapy by the McKenzie Institute in 2002. Terry retired from the U.S. Army in 1997 after 21 years of service. He currently works at Care Partners Inc., a rehabilitation hospital in Asheville where he provides Physical Therapy for a wide variety of conditions. He is an experienced educator and clinician who enjoys sharing his knowledge with others in a simple and understandable way.

## 2018 DATES & LOCATIONS

|             |  |
|-------------|--|
| May 19/20   | Las Vegas, NV<br>PIMA Medical Institute                        |
| Sept. 29/30 | Hartford, CT (Middletown)<br>Middlesex Hospital                |
| Oct. 6/7    | Oakland, CA<br>Alta Bates Hand Therapy                         |
| Oct. 27/28  | Columbus, OH (Marysville)<br>Memorial City Gate Medical Center |
| Dec. 1/2    | West Palm Beach, FL<br>St Mary's Medical Center                |

A list of area hotels will be sent with confirmation. Please utilize hotel brand websites for guaranteed best rates.

## AUDIENCE

This is an *introductory level* workshop designed for **OTs, OTAs, PTs, PTAs and ATs**. **NOTE:** *Nothing in this course is to enable or permit the learner to apply techniques outside of the scope of practice in their individual state and discipline.*

## CANCELLATION POLICY

**POLICY:** Registration fee less a \$75 administrative charge is refundable if cancellation received 14 days prior to program date. No refunds will be given after that time. Therapy Network, Inc. reserves the right to cancel a seminar and will refund in full the registration fee only. TNI is NOT responsible for registrants non-refundable airfare, accommodations or fees.

# MANUAL THERAPY OF THE UPPER EXTREMITY

JOINT & SOFT TISSUE MOBILIZATION

## FACULTY

**TERRY BEMIS**  
*PT, MS, Cert. MDT*



THE THERAPY **NETWORK** SEMINARS

[www.TNSeminars.com](http://www.TNSeminars.com)

## OBJECTIVES

1. Identify the anatomical and biomechanical foundations for manual therapy in the upper extremity.
2. Perform joint mobilizations to the shoulder girdle, elbow and wrist.
3. Perform soft tissue mobilizations to the shoulder girdle, elbow and wrist.
4. Be able to instruct and perform functional exercises to reinforce applied manual therapy techniques for the shoulder girdle, elbow and wrist.
5. Demonstrate correct grading and oscillation techniques for joint mobilization
6. Identify precautions and contraindications for using manual therapy.

## SEMINAR DESCRIPTION

Injuries to the upper extremity cause impairments that often contribute to significant disabilities and functional limitations. Rehabilitation professionals who properly apply manual therapy techniques and exercises are giving their patients the best opportunity to rehabilitate their injuries. This two day course will enable the participant to understand the role of manual therapy in rehabilitation of the upper extremity and apply manual and exercise techniques appropriately. The interaction between the instructor and participant is the foundation for an active learning environment. The course will provide the optimal continuing education experience equipping the participant to apply these techniques immediately when they return to the clinic. Additionally, they will be able to use the anatomical, biomechanical, and neuromuscular basis to further develop their manual therapy skills.

## PARTICIPANTS COMMENTS

"My 3rd manual therapy course and finally someone got it right. Great mixture of lecture and lab. Instructor was so approachable and made himself available to everyone. Will highly recommend"

"Demo-Practice, Demo-Practice... hands on was invaluable. Thank you so much for enhancing my practice skills. Awesome"

"Labs were outstanding. Instructor approachable and in touch with class needs and learning styles"

## EDUCATIONAL CREDIT

A certificate of attendance for **15 Contact Hours** (17 CEUs in FL) will be awarded to each participant. All Therapy Network Seminars are pre-approved for CEUs in the state where the course is conducted when required for **PT, OT, AT and Assistants**. **BOC** Board of Certification, Inc. Approved Provider # P-2563. **AOTA** Approved Provider of Continuing Education # 3073 *The assignment of AOTA CEUs does not imply endorsements of specific course content, products, or clinical procedures by AOTA*



## COURSE SCHEDULE

### SATURDAY

|       |   |
|-------|---|
| 8:00  | Registration and Continental Breakfast  |
| 8:30  | Evidenced Based Practice<br>Muscular Imbalances and Joint Dysfunction   |
| 9:00  | Anatomy and Biomechanics of the Shoulder Girdle<br>Video of Shoulder Motion<br><b>LAB:</b> Shoulder Palpation   |
| 9:45  | <b>BREAK</b>  |
| 10:00 | Evaluation  |
| 10:15 | Principles for Manual Therapy:<br>-Shoulder Impairments that may respond to Manual Therapy<br>-Precautions and Contraindications<br>-How to Start and How to Finish<br>-Joint Mobilization<br>-Soft Tissue Mobilization |
| 10:30 | <b>LUNCH (on your own)</b><br><b>LAB:</b> Manual Techniques for the Shoulder Girdle and Related Exercises<br>Glenohumeral Joint<br>AC Joint<br>SC Joint<br>Scapular Thoracic  |
| 12:00 | <b>BREAK</b>  |
| 1:00  | <b>LAB:</b> Manual Techniques for Shoulder (cont)<br>Clinical Pearls  |
| 3:15  | Adjourn   |
| 3:30  |   |
| 5:00  |   |
| 5:30  |   |

### SUNDAY

|       |   |
|-------|---|
| 8:00  | Soft Tissue Techniques and Exercises for the Shoulder Girdle  |
| 10:15 | <b>BREAK</b>  |
| 10:30 | Anatomy and Biomechanics for the Elbow, Wrist and Hand<br><b>LAB:</b> Elbow, Wrist and Hand Palpation |
| 11:45 | <b>LUNCH (on your own)</b>  |
| 12:00 | <b>LAB:</b> Manual Techniques and Exercises for the Elbow and Wrist                                   |
| 1:00  | Break   |
| 3:00  | <b>LAB:</b> Manual Techniques and Exercises for the Hand  |
| 3:15  | Case Studies  |
| 4:00  | Adjourn   |
| 5:00  |   |

## REGISTRATION

### Manual Therapy

Please note the course location you are attending:  
\* \_\_\_\_\_

**Bring a Buddy Registration: \$395 p/p**

(No Deadline) Must be done simultaneously

**Early Registration: \$445**

Postmarked **30 days** prior to date of course

**Late Registration: \$495**

Postmarked within 30 days of course date

### 4 WAYS TO ENROLL

#### BY MAIL

Mail registration and payment to:  
**Therapy Network, Inc.**  
217 Paragon Pkwy, #201  
Clyde, NC 28721

#### BY PHONE

**1.800.785.1855**

#### BY FAX

**SECURE DIGITAL**  
**928.222.0578**  
(Credit Cards Only)

#### ON-LINE

**www.TNSeminars.com**

Name: \_\_\_\_\_

PT PTA AT OT OTA

Home Add: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip \_\_\_\_\_

Cell Ph: \_\_\_\_\_

Email: \_\_\_\_\_

To Receive your Confirmation  
Make check/money order payable to:  
**Therapy Network, Inc.**

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I agree to comply with the card holder agreement