



PALLOF

PHYSICAL THERAPY

EVALUATION AND TREATMENT OF THE SPINE



COMBINING MANUAL THERAPY AND STRENGTH AND CONDITIONING

June 2nd and 3rd, 2017

**Mike Boyle Strength and Conditioning
29 Draper St, Woburn MA**

For the past 20 years [John Pallof](#) has been rehabilitating and training athletes from all sports, from youth to professional. For the past ten years he has been treating athletes at the world renowned [Mike Boyle Strength and Conditioning](#) in Boston Massachusetts. He has long provided continuing education to the strength and conditioning and sports medicine world, on topics ranging from the *musculoskeletal evaluation and treatment of concussions* to *identifying and rehabilitating sports hernias*. John has presented at the NHL Combine, and the Professional Hockey Athletic Trainers Society convention.

For the first time, *John will be teaching his unique approach to evaluating and rehabilitating the spine*. Specifically we will be focusing on [precise evaluation and treatment](#) of the [craniocervical, thoracic, and lumbosacral regions](#). Drawing on over twenty years' experience training and rehabilitating athletes, this course will offer a unique combination of *advanced assessment approaches, focused manual therapy interventions, and advanced exercise strategies* developed over many years of working with some of the *best strength coaches and athletes in the world*. This course is guaranteed to improve your clinical skills when evaluating and treating dysfunction of the craniocervical, cervical, thoracic, and lumbopelvic regions.

TO GUARANTEE THE HIGHEST QUALITY OF LEARNING, THIS CLASS WILL BE LIMITED TO ONLY SIXTEEN (16) PARTICIPANTS!!!

Participants will go home with *assessment and treatment strategies, manual therapy techniques, and effective exercise progressions* you can apply immediately!! Topics include:

- Craniocervical Junction/Cervical Spine:** headaches, post concussion, mechanical pain, radiculopathy, post discectomy/fusion, postural pain, neural tension
- Thoracic Spine:** rib pain, periscapular pain, radicular pain, disc pathology, postural dysfunction, fractures
- Lumbopelvic Region:** mechanical pain, disc pathology, post surgery, radiculopathy, neural tension dysfunction, spondylolysis/listhesis, sacroiliac/pelvic dysfunction
- SPECIAL TOPICS:** sports hernias, post concussion/cervicogenic headache treatment, treating radiculopathy.

This course will be *60/40 lab/lecture*, with each region featuring *lab sessions* focusing on:

- Evaluation/Assessment:** overall assessment strategies; special testing; neural tension testing; range of motion, endfeel assessment; motor control assessment.
- Manual Therapy Interventions:** joint mobilization, HVLA manipulation, soft tissue techniques/release, mobilization with movement.
- Exercise Strategies:** corrective exercise strategies, progressing to high level strength and conditioning exercise addressing mobility, soft tissue quality, flexibility, posture, strength, and explosiveness.

Lectures will focus on:

- Developing **Clinical Reasoning/Decision Making** skills.
- Conducting an effective/useful **Subjective Examination**.
- Determining the **nature** of a dysfunction: **stiffness vs. pain**
- The **physiological basis of pain**
- Learning to think **laterally** instead of **linearly**
- Our **role as a physical therapist**
- The **importance of educating** the patient and the public

Who should attend? Physical Therapists, Athletic Trainers, Chiropractors, Physicians

When? Course will be Fri/Sat June 2nd and 3rd - Friday from 8-5:30pm (registration 8-9, lunch 11:30-12:30), and Saturday 8-4pm (lunch 11:30-12:30)

Where? At the 22,000 sq ft state of the art training facilities at **Mike Boyle Strength and Conditioning** at 29 Draper St. in Woburn Massachusetts. We are located 20 minutes north of Boston, including Logan International Airport.

How do I register? Mail a completed registration form (see attached form) along with a check for only **\$349**, made out to *John Pallof* - sent to *c/o Mike Boyle Strength and Conditioning, 29 Draper Street, Woburn, MA 01801*. Again, this class will be very small - so seats will be given in order registrations are received. You will receive an email confirming your registration. Once this class is full, priority will be given for following classes based on the order registrations are received.

Questions? Contact John at 774-696-4828, or email jtpallof@msn.com.

John Pallof has been a licensed physical therapist for twenty years, achieving both the prestigious **COMT** (certified orthopedic manual therapist) via Maitland Australian Physiotherapy/OZPT; and the **OCS** (orthopedic certified specialist) via the American Board of Physical Therapy Specialists/APTA.

John has developed **Pallof Physical Therapy** into a consistently successful self pay physical therapy business at Mike Boyle Strength and Conditioning over the past ten years. He has also worked with noted strength and conditioning coaches Eric Cressey of Cressey Performance, Brian McDonough of Edge Performance Systems, Mike Potenza of the San Jose Sharks Hockey Club, and countless others. In addition, he has regularly trained injured athletes and baseball players over the past several years.

John's unique combination of manual therapy and strength and conditioning skills has made him a "go-to" resource for many, including athletes of all levels, from professional to youth. Visit his website at www.pallofpt.com

Evaluation and Treatment of the Spine: Combining Manual Therapy and Strength and Conditioning

Name: _____

Occupation: _____

Address: _____

Phone: _____

Email: _____

Occupation: _____ License #: _____

--- Please email (@ jtpallof@msn.com) me confirming your interest in attending - a spot will be held for you for seven (7) days until you return a completed registration form along with payment. Spots given on first come/first serve basis - priority for future courses will be given to those unable to obtain a spot prior to this course filling.

--- Please include a check for **\$349**; made out to *John Pallof*; 29 Draper St, Woburn, MA 01801

--- Your seat will be confirmed upon receiving your completed registration and check.

--- Refunds allowed if written notice given up to 3 weeks prior to the course. Otherwise you will be issued a full credit for future course.