

# CLINICAL PEARLS



Mark Bookhout, PT, MS, FAAOMPT, CFMM  
(1953-2023)

September 26-28, 2025

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## COURSE DESCRIPTION

Grounded in the legacy of renowned manual therapist Mark Bookhout, PT, MS, FAAOMPT, CFMM, this course offers a practical, hands-on approach to assessing and treating the body through five key systems: nervous, visceral, soft tissue, joints, and movement. Inspired by the integrated model of Thomas Myers and refined over 35 years of clinical experience, this course equips participants with essential tools to identify the dominant driver of dysfunction and apply effective interventions. Join expert instructors Galen Wetzell, DPT, OCS, and Kyle Cook, PT, OCS, as they present Mark's most impactful clinical strategies for common musculoskeletal conditions.

## TOPICS

- **FINDING THE DOMINANT LESION**  
General & local listening—standing, sitting, supine  
Inhibitory balancing  
Postural loading—standing & sitting  
Neuromotor control assessment
- **THE LOWER QUADRANT**  
Ankle sprains—significant findings & treatment  
Balancing the knees  
Hip—the protrusive vs. expulsive hip & labral tears
- **THE PELVIS & SACROILIAC JOINTS**  
Eclectic assessment & treatment  
Mitchell muscle energy model  
Mechanical link  
Barral—joint & visceral relationships
- **LUMBAR SPINE PATHOLOGIES**  
Assessment & treatment for:  
Radiculopathy—sciatica & stenosis  
Spondylolisthesis & facet joint dysfunction
- **VISCERAL RELATIONSHIPS TO LOW BACK PAIN**  
The mesenteric root & small intestines  
The kidneys & lumbar plexus
- **THE THORACIC SPINE & RIB CAGE**  
Assessment & treatment of:  
The dorsal rami, the intercostal nerves, the sternochondral & costovertebral joints
- **THE CERVICAL SPINE**  
Differential assessment & treatment of:  
The facet joints  
Uncovertebral joints  
The cervical disc  
The brachial plexus



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## OBJECTIVES

1. The student will be able to demonstrate how to determine the most dominant area of restriction in their partner using palpatory listening and postural loading techniques.
2. The student will be able to describe the most common residual sequelae after an ankle sprain.
3. The student will be able to explain and demonstrate how to balance loading through the knees.
4. The student will be able to demonstrate the Mechanical Link assessment of the pelvis.
5. The student will be able to discuss the relationships between the viscera and lumbar and pelvic dysfunction.
6. The student will be able to demonstrate the assessment and treatment of the thoracic dorsal rami and intercostal nerves.
7. The student will be able to demonstrate passive mobility testing of the cervical spine to differentiate dysfunction in the facet versus uncovertebral joints.
8. The student will be able to discuss the differences and demonstrate the treatment of cervical versus lumbar radiculopathies.

## INSTRUCTORS



### Galen Wetzell, DPT, OCS

Galen Wetzell graduated with his Doctor of Physical Therapy degree from St. Catherine University in 2010. In 2012, he attended and completed the Riverside Physical Therapy Orthopedic Residency in Grants Pass, OR. In 2013, he became Board Certified as an Orthopedic Clinical Specialist and began working at PTOSI in Plymouth, MN. He began teaching continuing education courses in 2014 and has since taught courses independently, with Bookhout Seminars, and through the Continuing Medical Education department at the Michigan State University College of Osteopathic Medicine. Galen is the owner of Creekside Physical Therapy in Edina, MN.



### Kyle Cook, PT, OCS

Kyle Cook owns Precision Physical Therapy Specialists, PLLC, in the western Chicago suburbs. He graduated from the University of Wisconsin-Madison Physical Therapy program in 2006, and later completed UW-Madison/Meriter Orthopedic Residency Program. Initially, he started at PTOSI, in Minneapolis, under the mentorship of Mark Bookhout. There he gained extensive experience on advanced manual techniques and clinical decision making. He worked and taught in the residency and fellowship program at Loyola Medical Center for 10 years before returning to private practice. Kyle has been published in journals, such as, JOSPT and AANS Neurosurgeon. Kyle has taught independently, with Bookhout Seminars and is clinical faculty at the Michigan State University College of Osteopathic Medicine.

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