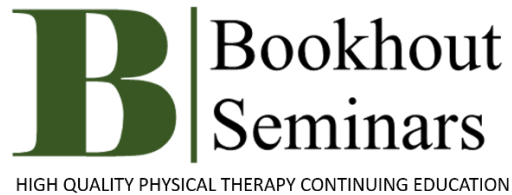


Mark Bookhout's 35- Years of Clinical Pearls



Date: Oct 17-19, 2025

Location: Cass Lake, MN

Tuition: \$725

INSTRUCTOR

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 became certified in Functional Manual Medicine by the Michigan State University Osteopathic College in 2018. He is now the owner of Creekside Physical Therapy in Edina, 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. He specializes in manual treatment of the spine and extremities along with therapeutic breathwork.

TO REGISTER CONTACT:

Paul.shaefer@ihs.gov

Course Description

This three-day course is a reflection of the insights gained by Mark Bookhout over his 35 years of clinical practice. Mr. Bookhout was inspired by the comments of the rolfer, Thomas Myers, who proposed that a well-rounded practitioner should have a skill set that encompasses 5 major areas, including the ability to evaluate and treat the nervous system, the visceral system, the soft tissues, the joints, and appropriate prescription of complementary exercises. This course will improve the participant's skill set in all 5 of these areas, as well as help the participant determine the dominant area and tissue(s) of the body needing specific intervention. Galen will share Mr. Bookhout's assessment and treatment approaches to common musculoskeletal dysfunctions encountered in everyday practice that in Mark's hands, had been the most effective and beneficial to his patients.

Course 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.

Course Schedule

Day 1: 8:00 am – 5:00 pm

8:00 -8:15: Introductions
8:15- 8:45: Summarizing the questions submitted
8:45 – 10:00: The well-rounded practitioner – 5 skill sets for assessment and treatment of the: Joints, Nervous System, Soft Tissues, Viscera, Locomotor System
10:00 – 10:15: Break
10:15 – 12:00: Finding the dominant lesion
General and local listening – standing, sitting, supine
Inhibitory balancing
Postural loading – standing and sitting
Neuromotor control assessment
12:00 – 1:00: Lunch
1:00 - 3:00: The lower quadrant
Ankle sprains – significant findings and treatment
Balancing the knees
3:00 – 3:15: Break
3:15 – 5:00: Lower quadrant (con't)
Hip – the protrusive vs expulsive hip and labral tears

Day 2: 8:00 am to 5:00 pm

8:00 – 8:30: Review of day 1 and questions
8:30 – 10:00: The pelvis and sacroiliac joints:
Eclectic assessment and treatment
Mitchell muscle energy model
Mechanical link
10:00 – 10:15: Break
10:15 – 12:00: The pelvis and sacroiliac joints
Barral – joint and visceral relationships
12:00 – 1:00: Lunch
1:00 – 3:00: Lumbar spine pathologies
Assessment and treatment for:
Radiculopathy – sciatica and stenosis

3:00 – 3:15: Break

3:15 – 5:00: Lumbar spine pathologies (con't)
Spondylolisthesis and facet joint dysfunction

Day 3: 8:00 am to 5:00 pm

8:00 – 8:30: Review of day 2 and questions
8:30 – 10:00: Visceral relationships to low back pain:
The mesenteric root and small intestines
The kidneys and lumbar plexus
10:00 – 10:15: Break
10:15 – 12:00: The thoracic spine and rib cage
Assessment and treatment of:
The dorsal rami, the intercostal nerves, the sternochondral and costovertebral joints
12:00 – 1:00: Lunch
1:00 – 3:00: The cervical spine
Differential assessment and treatment of:
The facet joints
Uncovertebral joints
The cervical disc
3:00- 3:15: Break
3:15 – 4:30: The cervical spine (con't)
The brachial plexus
4:30 – 5:00: Closing remarks

To register contact: bookhoutseminars@gmail.com

www.bookhoutseminars.com