

Mark Bookhout's “35 Years of Clinical Pearls”



HIGH QUALITY PHYSICAL THERAPY CONTINUING EDUCATION

May 1-3, 2026

Tuition: \$675

Therapeutic Evolution Physical
Therapy, Albany, NY

To register contact: bookhoutseminars@gmail.com
www.bookhoutseminars.com

ABOUT US

Bookhout Seminars is a physical therapy continuing education group that specializes in instructing physical therapists in advanced evaluative techniques and manual interventions. Mark Bookhout, PT, MS, FAAOMPT, CFMM developed this material over 35 years of clinical practice with influences from Stanley Paris, Michigan State School of Osteopathic Medicine, The Barral Institute, Janda, Feldenkrais and countless other experts. Bookhout Seminars emphasizes integration of competing approaches into a single cohesive evaluative and treatment approach.

INSTRUCTOR

Kyle Cook, MPT, OCS Kyle Cook owns Precision Physical Therapy Specialists, PLLC, in the western Chicago suburbs. A graduate from the University of Wisconsin-Madison Physical Therapy program in 2006, and Orthopedic Residency Program. Initially, he started at PTOSI, in Minneapolis, under the mentorship of Mark Bookhout. 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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Course Description

This 2 1/2 day course is a reflection of the insights gained by Mr. Bookhout over the past 35 years of clinical practice and his exposure to some of the most talented practitioners in the field of Manual Medicine. Mr. Bookhout has been inspired by the comments of the Rolfer, Thomas Myers, who has proposed that a well rounded practitioner should have the skill set that encompasses 4 major areas, including the ability to evaluate and treat the nervous system, the visceral system, the soft tissues, and the joints. This course will improve the participant's skill set in all 4 of these areas, as well as help the participant determine the dominant area and tissue(s) of the body needing specific intervention. We will share Mr. Bookhout's assessment and treatment approaches to common musculoskeletal dysfunctions encountered in everyday practice that have, in his hands, been the most effective and beneficial to his patients.

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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 understand 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 I: 3:00 pm to 7:30 pm

3:00- 3:15- Introductions

3:15-3:45 Evaluation and Treatment Philosophy

3:45-5:15 Finding the dominate lesion- Listening

5:15- 5:30 Break

5:30- 6:30 Dominate lesion cont.-

Inhibitory balancing, Postural loading

6:30-7:30 Ankle sprains – key findings and treatment

Day 2: 8:00 am to 5:30 pm

8:00 – 8:30 Review of day I and questions

8:30 – 9:15 Complete ankle/foot

9:15- 10:00 Balancing the knees

10:00- 10:15 Break

10:15 – 12:00 Hip – the protrusive vs expulsive hip. labral tears

Lunch 12:00- 1:00pm

1:00 -3:30 The pelvis and sacroiliac joints

Mitchell muscle energy model

Mechanical link

Barral

3:30- 3:45 Break

3:45- 5:30 Lumbar spine pathologies

Radiculopathy, Stenosis, Spondylolisthesis

Day 3: 8:00 am to 4:00 pm

8:00 – 8:30 Review of day 2 and questions

8:30 – 10:00 Facet joint dysfunction – FRS and ERS

Visceral relationships to low back pain

10:00 – 10:15 Break

10:15 – 12:00 The thoracic spine and rib cage

The dorsal rami and intercostal nerves

The sternochondral and costovertebral joints

12:00 – 1:00 Lunch

1:00 – 2:45 The cervical spine

Differential assessment and treatment of:

The facet joints

Uncovertebral joints

The cervical disc

2:45 -3:00 Break

3:00- 4:00 The cervical spine (cont't)

The brachial plexus