



HANDS-ON SEMINARS

HANDS-ON TRAINING FOR A HANDS-ON PROFESSION.

Continuing Education for Physical Therapy Facilities

WHY HANDS-ON?

BECAUSE THERE IS NO SUBSTITUTE FOR ONE-TO-ONE TRAINING.

When I began my career, my drive was fueled by an insatiable hunger to learn. So, the quest to become the best I can possibly be started in the classroom—a real, physical one. And that is a journey I am still on. Although I appreciate the convenience and versatility of online continuing education, I founded Hands-On Seminars to fulfill the promise that I, as well as countless other Physical Therapists, made to pursuing excellence, not only for myself but for the patients that rely on my knowledge and expertise to cure them.

Now, as an owner of a practice, I value my therapists who, too, are committed to their professional growth and development. I admire the Physical Therapists and Physiologists around the world who continue to seek live, hands-on training to expand their abilities and improve their patients' lives. Together we shape the image of today's DPT and set the standards for those of tomorrow.

Thank you for considering Hands-On Seminars for your practice's continuing education. We are confident that the training we offer will transform your practice and we look forward to that opportunity. Your staff will thank you, and your patients will, too.

Dr. Kostopoulos

THE HOS DIFFERENCE

Our instructors are experts who have written the book on manual therapy, literally. In fact, Dr. Kostopoulos and Dr. Rizopoulos have written the *Manual for Trigger Point and Myofascial Therapy*, which was translated into 29 languages and sold all over the world. They are world renowned therapists and esteemed instructors.

Our courses are intentionally offered live to allow for individualized attention and one-to-one training. This approach offers the opportunity for your staff to gain hands-on experience, master the technique and build confidence in their ability to perform. They are able to learn different strategies and evaluations in real time.

Our methods and treatments are not theoretical. They are practical and founded on sound evidence. Using real clinical cases, the approaches have proven results which can be applied immediately. Patients have not only been able to appreciate longer lasting relief, but through technology (Ultrasound & EMG), we have been able to see the effects.

ABOUT THE FOUNDERS



DR. DIMITRIOS KOSTOPOULOS

Dr. K is a Board Certified Clinical Electrophysiology Specialist with over 30 years of clinical experience. In addition to teaching at FAU and Springfield College, Dr. K serves as an elected member of the Academy of Clinical Electrophysiology (ACEWM) of the APTA. He has extensive training and teaching experience in different areas of manual therapy with an emphasis in Trigger Point, Myofascial, Neurofascial Therapy and Manipulation. He earned his Doctorate (PhD) and Master's degrees at NYU and his second Doctorate of Science (DSc) degree at Rocky Mountain University (Clinical Electrophysiology). Dr. Kostopoulos has obtained his MD degree as a medical graduate from UHSA School of Medicine. He has numerous publications and is an Associate Editor for the Journal of Bodywork and Movement Therapies published by Elsevier.

DR. KONSTANTINE RIZOPOULOS

Dr. R has over 30 years of experience in manual therapy, particularly in Myofascial, Trigger Point Therapies, NeuroMobilization, Strain/CounterStrain and Muscle Energy Technique approaches. He earned his undergraduate degree from the University of Athens, Greece and his Doctorate in Physical Therapy through Evidence in Motion. He is a Master Practitioner of Neurolinguistic Programming and specializes in consulting individuals and businesses. Dr. Rizopoulos is an active member of the APTA, Fellow member of the American Back Society and a member of the Hellenic Medical Society. He lectures internationally in conferences and continuing education courses through Hands-On Seminars and has published numerous studies. He is a Contributing Editor for the Indian Journal of Physical Therapy.



When I started continuing education, I used to bring the classroom to the clinic to test which methods work best. With Hands-On Seminars, we bring the clinic to the classroom to offer training on successful treatments using real clinical cases.

- Dr. Rizopoulos

CEUs ARE NOT CREATED EQUAL

**Offer your patients
the BEST TREATMENT**

**by giving your staff
the BEST TRAINING.**

TRIGGER POINT

NEUROFASCIA
MOBILIZATION

STRAIN /
COUNTER-STRAIN

MUSCLE ENERGY
TECHNIQUE

MUSCOLOSKELETAL
ULTRASOUND

PROPRIOCEPTIVE
THERAPY

MYOFASCIAL PAIN

CARPAL TUNNEL
SYNDROME

CHRONIC PAIN &
JOINT PATHOLOGY

SCIATIC PAIN

MUSCOLOSKELETAL
DYSFUNCTION

CERVICAL
RADICULOPATHY

HANDS-ON SEMINARS

We bridge the gap between evidence-based-
technique and specific patient pathologies.

COURSE OFFERINGS

Hands-On Seminars

*li training + evidence-based technique
= better results
better results = happier patients
happier patients =
MORE BUSINESS*



NEUROFASCIA REVEALED

The didactic portion of the course will present in detail the neuropathology and neurophysiological manifestations of entrapment syndromes, radiculopathies, polyneuropathies and other dysfunctions pertaining to the neural tissue. You will learn the evidence on the behavior of the neurofascial tissue as it relates to the other tissues of the body. Learn how to interpret electrophysiological findings and neuro-imaging findings for the evaluation of the neural tissue and form a precise treatment plan and interventions based on diagnostic findings and clinical examination. The clinical practical experience of the course will train the clinician for proper technique selection and application to various patient problems using neurofascial tissue principles pertaining to both the peripheral nerves as well as the central neurofascia. Unlike other courses in the area that offer no or little scientific reasoning behind the techniques, the instructors of this course present their own published research in this controversial area. The instructors use Live Real Time Neuro-Ultrasound Imaging to demonstrate both the evaluation of the neural tissue as well as the behavior and movement of the neural tissue upon technique implementation.

OBJECTIVES

Upon completion of this course, participants will be able to:

- Discuss the diagnosis & treatment of Neurofascial Dysfunction including entrapment syndromes, radiculopathies, nerve compression syndromes, neuropathies, polyneuropathies, and chronic pain problems
- Demonstrate competency in the clinical utilization of diagnostic findings such as electrophysiological evaluation and neuro-imaging studies
- Demonstrate how to diagnostically identify the appropriate treatment techniques and create appropriate Neurofascial Treatment Protocols for the Peripheral & Central Nervous Systems

Day 1 Agenda

08:30 – 9:30	Cervical Spine Diagnosis & Differential Diagnosis
9:30 – 11:00	Upper Extremity Diagnosis & Differential Diagnosis With Lab
11:00 – 12:00	Formulation Of Treatment Plan
12:00 – 13:00	Lunch Break
13:00 – 14:30	Treatment Techniques For The Cervical Spine With Lab
14:30 – 16:00	Treatment Techniques For The Upper Extremity Pathology With Lab
16:00 – 17:15	Mtp Therapy For The Elbow & Hand
17:15 – 17:30	Questions & Answers – Clinical Discussion

Day 2 Agenda

08:30 – 10:00	Lower Extremity Diagnosis & Differential Diagnosis Lab
10:00 – 10:45	Formulation Of Treatment Plan
10:45 – 12:00	Treatment Techniques For The Lumbar Spine With Lab
12:00 – 13:00	Lunch Break
13:00 – 14:30	Treatment Techniques For Lower Extremity Pathology With Lab
14:30 – 16:30	Principles & Technique Application For Central Neurofascial Pathology With Lab
16:30 – 17:00	Manual Therapy Technique Integration
17:00 – 17:30	Patient Cases

MYOFASCIAL TRIGGER POINT AND PROPRIOCEPTIVE THERAPY

Participants learn a comprehensive therapeutic approach for the evaluation and treatment of Myofascial Pain and Musculoskeletal Dysfunction. Orthopedic and Neurologic Pain conditions can effectively be treated with this method. This approach integrates the Trigger Point and Myofascial teachings of Doctors Travell and Simmons, and Dr. Janda's Proprioceptive concept in a systematic, comprehensive and unique manner. The scientific background and methods taught utilize an Evidence-Based Model with solid research and techniques that have been tried successfully for years. This effective and efficient approach enables the clinician to achieve immediate results, which are necessary under a changed health care system. You will learn how to evaluate and choose the most important muscle systems to effectively treat each condition. Diagnosis and differential diagnosis is an important component of this training. You will learn advanced diagnostic and treatment techniques along with extensive lab sessions. The instructors use very effective didactic approaches, utilizing advanced multimedia methods. This course (PT-1) is one of six of the Mastery Certification of Manual Therapy® (MCMT®).

OBJECTIVES

Upon completion of this course, participants will be able to:

- Discuss the diagnosis and treatment of Myofascial Dysfunction
- Demonstrate how to diagnostically choose the proper muscle systems to work with
- Create Myofascial Treatment Protocols which include Trigger Point therapy, Muscle Strengthening Programs, Myofascial Stretching Exercises, and Proprioceptive Training
- Demonstrate how to effectively treat acute and chronic pain problems
- Practice therapy for Cervical and Lumbar Spine,

Day 1 Agenda

08:30 – 10:00	The Evidence For Myofascial Trigger Point (Mtp) Therapy
10:00 – 11:15	Introduction To Myofascial Diagnosis & Research Studies
11:15 – 12:00	Mtp Therapy For The Cervical Spine
12:00 – 13:00	Lunch Break
13:00 – 13:45	Mtp Therapy For Shoulder Neck Syndrome
13:45 – 15:00	Mtp Therapy For The Shoulder & Scapular Areas
15:00 – 16:30	Mtp Therapy For The Elbow & Hand
16:30 – 17:30	Superficial Myofascial Release – Wounds & Dr. Karel Lewit Concepts

Day 2 Agenda

08:30 – 10:30	Mtp Therapy For The Lumbar Spine
10:30 – 11:30	Mtp Therapy For The Gluteal Region & Hip
11:30 – 12:30	Mtp Therapy For The Knee
12:30 – 13:30	Lunch Break
13:30 – 15:00	Mtp Therapy For The Lower Leg & Foot
15:00 – 17:00	Proprioceptive Training – Dr. Vladimir Janda Concepts
17:00 – 17:30	Questions & Answers – Clinical Discussion

MCMT®

At Hands-On Seminars we believe that any one manual therapy approach, and any one school of thought does not provide a cure for all patients' problems. We believe that successful clinical outcomes are the result of proper assessments and a strategic, eclectic approach. Your therapists need to master a number of techniques so that they can select the proper combination for a specific patient. With Hands-On Seminars' Mastery Certification in Manual Therapy (MCMT®) Program, they get just that!

The MCMT® is a continuing education training that offers expanded study and clinical practicum in the most important, effective and efficient evidence-based manual therapy techniques. Our program offers a unique methodology that combines over 56 years of cumulative clinical experience of Dr. Kostopoulos and Dr. Rizopoulos, founders of Hands-On Seminars, with many of the teachings of leading manual therapy doctors such as: Travell & Simons, Maitland & Cyriax, Butler, Elvey & Shacklock, Janda, Lewit, Chaitow, Kaltenborn, Paris and others. By the end of the program your staff will have a toolbox full of manual therapy techniques for their patients. These training seminars have immediate clinical applications that enable your clinicians to demonstrate competency and become an expert in manual therapy.

The MCMT® program consists of six 2-day courses, each with an online component (16 live contact hours and 16 online hours for a total of 32 CEUs per course). Each course is designed to cover a specific region of the body, evaluations for various pathologies affecting that region, and appropriate treatments. Each course allows the participants to learn and master the following techniques to treat problems that may develop in the respective region: Myofascial Trigger Point Therapy, Strain & Counter-Strain, Muscle Energy Technique, Mobilization & Manipulation, Neuro-Mobilization, Proprioceptive Training and Stabilization.

Each course follows an itinerary similar to the one below.

Day 1 Agenda

08:30 – 10:00	Review Online Material
10:00 – 11:00	Clinical Case 1: Evaluation and Treatment
11:00 – 12:00	Clinical Case 2: Evaluation and Treatment
12:00 – 13:00	Lunch Break
13:00 – 14:00	Clinical Case 3: Epidemiology & Examination
14:00 – 15:00	Clinical Case 3: Demonstration & Treatment Lab
15:00 – 16:00	Clinical Case 4: Epidemiology & Examination
16:00 – 17:00	Clinical Case 4: Demonstration & Treatment Lab
17:00 – 17:30	Questions and Answers: Clinical Discussion

Day 2 Agenda

08:30 – 10:00	Clinical Case 5: Epidemiology & Examination
10:00 – 12:00	Clinical Case 5: Demonstration & Treatment Lab
12:00 – 13:00	Lunch Break
13:00 – 14:00	Clinical Case 6: Epidemiology & Examination
14:00 – 15:00	Clinical Case 6: Demonstration & Treatment Lab
15:00 – 16:00	Lab Sessions Review
16:00 – 17:00	Clinical Correlations and Creation of Treatment Protocols
17:00 – 17:30	Questions and Answers: Clinical Discussion

MCMT® COURSES

PT-2: Cervical and Thoracic Spine Pathology

This course covers proper evaluation and effective treatments for:

Cervical Disc Disease, Cervical Radiculopathy, Neck Stiffness, Cervical Pseudo-Radiculopathy, headaches, preventative exercises for neck pain texting, Shoulder / Neck Syndrome, Stiff Neck, TMJ Dysfunction, Acute and Chronic Neck Pain, Acute and Chronic Thoracic Spine Pain.

PT-3: Lumbar Spine and Sacro-Iliac Joint Pathology

This course covers proper evaluation and effective treatments for:

Lumbar surgeries, reasons they fail and how can you treat the patient's problem, ten minute treatments to relieve Sciatic pain, Piriformis Syndrome, Piriformis Myofascial Dysfunction, Acute and Chronic Back Pain, Sacro-Iliac Dysfunction, Lumbar Radiculopathy, Lumbar Pseudo – Radiculopathy.

PT-4: Shoulder-Elbow and Hand Pathology

This course covers proper evaluation and effective treatments for:

Tennis Elbow Bicipital Tendonitis Carpal Tunnel Syndrome Frozen Shoulder Rotator Cuff Pathology, Biceps Tendonitis Golfer's Elbow Trigger Finger Trigger Thumb Ulnar Nerve Entrapment at Cubital Tunnel or Guyon's Canal Introduction to Musculoskeletal Ultrasound Imaging for Upper Extremity Pathology.

PT-5: Hip-Knee and Ankle Pathology

This course covers proper evaluation and effective treatments for:

Anterior Hip Pain, Trochanteric Bursitis, Terminal Knee Extension, Chronic Plantar-Fasciitis, Shin Splint Pain, Hip Bursitis, Hip Osteoarthritis, Posterior Hip Pain, Lumbar Radiculopathy, Knee Effusions, Knee Ligamentous, Meniscal Injuries, Limitations of Knee Extension, Tarsal Tunnel Syndrome, Plantar-Fasciitis, Achilles Tendinosis, Metatarsalgia, and an introduction to Musculoskeletal Ultrasound Imaging for Upper Extremity Pathology.

PT-6: Mastery Certification in Manual Therapy

This course reviews the:

evidence of manual therapy, various models of manual therapy, integration principles, general and specific principles of evaluation/assessment, safety measures, proper referral to other healthcare professionals, marketing and public relations as they relate to the manual therapy practice, and basic principles of research in manual therapy. Participants will be able to demonstrate integration of the course contents and the ability to collaborate with colleagues via the presentation of Qualifying Group Projects.

MCMT® OBJECTIVES

The courses were thoughtfully structured to follow similar agendas and reach the following objectives for the region or joints in respective extremity:

- Discuss the principles for the assessment of various pathologies and practice appropriate evaluation methods
- Present, demonstrate and practice the evidence of Myofascial Pain Theory and treatment of specific patient pathologies (Travell, Simons)
- Discuss the evidence and the physiology of the Janda postural principles, and demonstrate the therapeutics based on clinical cases with specific patient pathologies
- Discuss the evidence, theory and physiological mechanisms of the Muscle Energy Technique (Chaitow, Lewitt, Janda, Evjenth) and demonstrate the technique for clinical cases with specific patient pathologies
- Discuss the evidence, theory and physiological mechanisms of the Strain – Counter-Strain Technique (Jones, Chaitow), and demonstrate the technique for clinical cases with specific patient pathologies
- Present and discuss general neurophysiological and neurodynamic principles of the peripheral and central nervous systems (Butler, Elvey, Shacklock, Upledger)
- Discuss classification models of neural pathology as it pertains to specific patient pathologies
- Demonstrate and practice the neurodynamic evaluation, and learn to classify neural pathology clinical cases with specific patient pathologies
- Demonstrate and practice Neuromobilization Technique for clinical cases with specific patient pathologies
- Discuss the evidence, theory and physiological mechanisms of the central neurofascia and cranial osteopathy techniques*
- Demonstrate and practice basic treatment methods for the central neurofascia in clinical cases with specific patient pathologies**
- Discuss the evidence, theory and physiological mechanisms of the proprioceptive system (Janda), and practice evaluations and techniques in clinical cases for specific patient pathologies
- Present and discuss the evidence of mobilization/manipulation for specific patient pathologies (Maitland, Cyriax, Kaltenborn, Paris)
- Discuss and demonstrate the various models of mobilization/manipulation, their applications, limitations and safety measures
- Create appropriate mobilization/manipulation treatment protocols based on specific patient pathologies

*Objective covered in PT-2: Cervical and Thoracic Spine Pathology and PT-3: Lumbar Spine and Sacro-Iliac Joint Pathology.

**Objective covered in PT-2: Cervical and Thoracic Spine Pathology and PT-3: Lumbar Spine and Sacro-Iliac Joint Pathology.

MUSCULOSKELETAL ULTRASOUND IMAGING CERTIFICATION

Hands-On Seminars offers the most Comprehensive Certification Program in Musculoskeletal Ultrasound Imaging. Program Director is Dr. Randy Moore who is the leading authority in the field. Our program provides the foundation for effective MSKUS clinical application and provides preparatory training for those who wish to take the RMSK Certification exam.

This comprehensive program is structured to equip the student with an understanding of diagnostic ultrasound imaging principles, normal sonoanatomy, and systematic scanning protocols. No previous exposure to sonography is required, though previous instruction is helpful.

The program is divided into Module 1 (upper extremity) and Module 2 (lower extremity and lumbar spine). The student takes Modules 1 and 2 online followed by a Practical Workshop for each Module. Practical Workshop for each Module is 2 days for a total of 4 days. This is necessary to allow assimilation of the wide-ranging material and adequate practice scan sessions during practical workshops.

Dr. Randy Moore is the leading authority in Musculoskeletal Ultrasound Imaging and has collaborated with Hands-On Seminars to provide a Comprehensive Certification Program following very specific standardized scanning protocols.

Dr Moore is dedicated to shortening the learning curve for Physical Therapists, Medical Practitioners, Medical Sonographers, Chiropractors, Physician Assistants and any allied health professional as they develop expertise in Musculoskeletal Sonography.

Randy E. Moore is a Doctor of Chiropractic and a Registered Diagnostic Medical Sonographer. Since 1994, his work has focused entirely on using diagnostic ultrasound to evaluate the musculoskeletal system. His expertise is called upon by ultrasound manufacturers (GE, Sonosite, Ultrasonix, Esaote, Terason, Phillips) and teaching institutions (National Institute of Health, Beth Israel Hospital NY, Walter Reed, University of Dayton, University of Kentucky, Temple, and Loma Linda) throughout the United States.

Dr. Moore has published the best selling sonography book *Sonography of the Extremities*. He has continually improved and updated the book to demonstrate the most advanced approaches to scanning the extremities, while still defining its scope to be one of the most “user friendly” texts available today.

Objectives

After a foundational presentation of normal sonoanatomy, image optimization, image orientation, and an image interpretation algorithm, systematic protocols for shoulder, elbow, hand/wrist, hip, knee, foot/ankle, and lumbar spine are presented.

Demonstration of the established scan protocols via didactic sessions are coupled with hands-on practice sessions giving the student adequate opportunity to be initially exposed to handling the ultrasound transducer, accurately and efficiently obtaining and labeling images, and developing interpretation skills.

MUSCULOSKELETAL ULTRASOUND IMAGING CERTIFICATION

The Online Component of each module covers the following:

- Introduction to Sonography
- Normal MSKUS Presentation of the Joint discussed
- Demonstration of the MSKUS Protocol of the Joint discussed
- MSKUS Pathology of the Joint discussed
- Research materials, Protocols, Presentation handouts, exam questions, Course Certification

The Practical Workshop of each module covers the following:

- Demonstration and Practice of general structures
- Demonstration and Practice of various components of the Joint discussed
- Demonstration and Practice of the MSKUS Protocol of the Joint discussed
- MSKUS Pathology of the Joint discussed
- Protocols, Presentation handouts, exam, Live Course Certification

NOTE: You can take Modules 1 and 2 in any order and there are no pre-requisites.

Included in this Program, and exclusive to this Program when purchased as a complete package, is MSKUS - Guided Injections - Online Course which provides students with an in-depth introduction to Guided Injection Sonography which greatly enhances accuracy when performing injections.

Joints covered in this program are the following:

- Introduction to Sonography
- Sonography of the Shoulder (Live & Online)
- Sonography of the Elbow (Live & Online)
- Sonography of the Wrist/Hand (Live & Online)
- Sonography of the Hip (Live & Online)
- Sonography of the Knee (Live & Online)
- Sonography of the Ankle/Foot (Live & Online)
- Sonography of the Spine (Live & Online)
- Ultrasound Guided Injections (Online Only)

All exam fees are also included in the price of this package.

Demo Still Elbow 1 Demo Still Hand Wrist 2

SPONSORSHIPS

For One or Multiple Courses

Private practices and inpatient facilities can sponsor any one or combination of courses with the exception of PT-6, as that course can only be offered to participants who complete PT-1 (Myofascial Trigger Point and Proprioceptive Therapy) through PT-6.

Each course, including NeuroFascia Revealed costs \$595 per participant, with the exception of PT-6, which costs \$695 per participant. Sponsorships require a minimum of 12 participants, but qualify for a group discount of 10% off the total cost. Additionally, we offer 15% off for 15-20 participants and 20% off for over 20 participants.

For MCMT® Sponsorships

The MCMT® Program costs \$4,000 per participant when purchased as a package, which is a 5% savings from purchasing the courses individually. This program requires a minimum of 6 participants, but qualifies for a 10% discount for 6-8 participants, 15% for 9-12 participants and 20% off for over 12 participants, which is the equivalent of 2 free seats or \$3,200 per participant.

This sponsorship can be financed over 5 years at a fixed rate, which can vary. Private Practices and Facilities who sponsor the MCMT® Program become GOLD PARTNERS. In addition to certifying each of their Physical Therapists with the MCMT® title as Masters of Manual Therapy, they receive recognition on our website with a link to their practice. They also receive a certificate they can place in their practice, which demonstrates the dedication to their profession and their patients.

For Musculoskeletal Ultrasound Imaging Certification

The MSKUS Certification can be sponsored with a minimum of 8 participants at a cost of \$4,000 per participant.

To inquire about additional courses such as Vestibular Rehab or Dry Needling, or to sponsor a course in your facility, please contact:

212-246-4066

info@handsonseminars.com



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32-44 31st Street
Astoria, NY 11106
212-246-4066
handsonseminars.com
info@handsonseminars.com

Facebook: [@handsonseminars](https://www.facebook.com/handsonseminars)
Twitter: [@handsonseminars](https://twitter.com/handsonseminars)
LinkedIn: [hands-on-seminars](https://www.linkedin.com/company/hands-on-seminars)
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