

**GPM V Day**  
Saturday, November 7<sup>th</sup>, 2015  
Kaiser Union City

A one-day lab course with Abe Shamma PT and Ed Schiavone PT

Instructors:

Abe Shamma, PT, DPT, OCS, Cert. MDT, FAAOMPT

Abe presently works as a clinical specialist at Kaiser Union City, CA and is a faculty member of the Kaiser Hayward PT Fellowship in Advanced Orthopedic Manual Therapy. He has extensive experience teaching manual therapy mobilization and manipulation techniques.



Ed Schiavone PT, COMT, OCS, FAAOMPT

Ed presently works in a private practice setting at Excel Sports Medicine – a division of Agile Physical Therapy in Palo Alto, CA. He is a Coordinator of the Agile Orthopedic Physical Therapy Residency and faculty member of the Kaiser Permanente Northern California PT Fellowship in Advanced Orthopedic Manual Therapy. In addition, he is Vice President of the Institute for the Advancement of Orthopedic Physical Therapy.



Level: Novice to Intermediate

Pre-requisite: Prior basic instruction in GPM V techniques in entry-level education, continuing education, and/or residency/fellowship.

This course will primarily consist of lab sessions with interspersed instructional components. There will be a review of indications/contraindications to GPM V, a discussion of VBI/CAD testing, and concepts related to spinal positioning and locking for GPM V. Specific techniques and strategies from osteopathic and Australian traditions will be presented. There will be ample time for practice and one on one attention.

**Learning Objectives:**

At the conclusion of the course the participant will be able to:

\*Discuss current best evidence relating to the use of High Velocity Low Amplitude (HVLA) techniques on the spine

\*Describe and demonstrate the spinal positioning and locking used in upper cervical, cervicothoracic, and lumbosacral HVLA techniques necessary to ensure patient comfort and safety.

\*Demonstrate enhanced proficiency in the delivery of HVLA techniques to the spine – upper cervical, cervical, CT junction and lumbar regions.

\*Demonstrate enhanced proficiency in delivery of HVLA techniques for the elbow, hip, and ankle.

## **Agenda**

### **Morning Topic**

### **Time**

Registration	7:45-8:00
Introduction and preparatory topics	8:00-9:30
Mechanics, principles of successful GPM V techniques, risks of GPM V	
Pre-GPM V testing	9:30-10:00
Break – 15 minutes	10:00-10:15
Cervical Upslope and Downslope	10:15-11:15
Lumbar Rotation in Neutral/Extension	11:15-11:45
Radio-humeral Lateral Gapping	11:45-12:15
Lunch	12:15-1:15

### **Afternoon Topic**

### **Time**

CT Up-glide	1:15-1:45
Thoracic Supine PA (variations)	1:45-2:15
C1/2 Rotation, Hip PA thrust	2:15-2:45
Break – 15 minutes	2:45-3:00
Ankle TC Distraction	3:00-3:15
Seated Techniques: CT Extension Gliding, Thoracic Extension Gliding	3:30-4:30
Discussion and Review	4:30-5:00
Wrap-up	5:00

Proposed CEU's: 7.5 contact hours or .75 CEU's

Who should attend: Physical therapists in orthopedic setting with required exposure to GPM V techniques .

How to register: Register Online at [www.iaopt.org](http://www.iaopt.org)

Course fees: \$175 early registration until October 1<sup>st</sup>, 2015

\$200 after October 1<sup>st</sup>, 2015

Contact Person: Mike Vo

Phone: (415) 602-0247

Email: [Michael.Vo@kp.org](mailto:Michael.Vo@kp.org)

Course location: Kaiser Permanente Union City

3555 Whipple Road, Building A, Rehab Services, 1<sup>st</sup> Floor

Union City, CA 94587

**Refunds:**

If you need to cancel your registration, please send your request in writing to [IAOPT@gmail.com](mailto:IAOPT@gmail.com). Your registration fee will be refunded minus a \$50 processing fee up to 2 weeks prior to the course. Cancellations received within 2 weeks of the course will not be eligible for a refund. If you are unable to attend, you may send a licensed physical therapist in your place with written notification to [IAOPT@gmail.com](mailto:IAOPT@gmail.com). IAOPT reserves the right to cancel or reschedule this course due to insufficient registration or other unforeseen circumstances. In that event, your full registration fee will be refunded. IAOPT is not responsible for any other costs you may have incurred (plane tickets, hotel or car reservations).

**Registration: GPM V Day**

**Pay online by credit card at:**

[www.IAOPT.org](http://www.IAOPT.org)

Early bird, received by 10/1/2015:

\$175

Regular, received after 10/1/2015:

\$200

**Or** pay by check by filling out  
and mailing this form to:

IAOPT

c/o Mike Vo

4234 Coolidge Ave

Oakland, CA 94602

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone: Home/Cell \_\_\_\_\_

E-Mail \_\_\_\_\_

PT License number \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

Questions?

Call Mike Vo

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