

CURRICULUM VITAE

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EDUCATION

Doctorate in Physical Therapy DPT, AT Still University Arizona School of Health Sciences, 2014

Masters of Health Science, University of Indianapolis, Indianapolis, IN, 2003

Bachelors of Science in Physical Therapy, University of New Mexico, Albuquerque, NM, 1981

Associate of Arts in Liberal Arts, New Mexico State University, Las Cruces, NM, 1979

LICENSING

May 2015 to present: Physical Therapy License # 13230, State of Colorado.

2002 to July 2015: Physical Therapy License #1789, State of Nevada.

1981-2001 State of New Mexico

EMPLOYMENT

October 2014 to present: President, Hesch Institute. Aurora, CO This includes writing, marketing and development, managing patient care, presenting lectures and seminars (listed elsewhere).

July 2010 to October 2014: President, Hesch Institute. Henderson, NV

November 2006-June 2010: Self-employed. Supervised and guided the leased Hesch Method Workshops. Henderson NV and Aurora, CO

July 2002-2010: Self-employed. Provide one-on-one Physical Therapy evaluation, treatment and education services for occasional clients with orthopedic injuries and pain syndromes, and long-distance consultations. Continued to participate in the ongoing development, promotion and teaching of the Hesch Method Workshops. Provided occasional consultation to a Women’s Health PT clinic. Henderson NV

1995-2002: Self-employed. Provided contract outpatient Physical Therapy services at Albuquerque Physical Therapists. Treated Orthopedic and chronic pain clients. Performed marketing to physicians and case managers. Co-supervised 3 employees. Albuquerque, NM

1990-1994: Physical Therapy Site Coordinator/Clinician at Presbyterian Work Therapy & Rehabilitation. Performed program planning and development since its inception, marketing, ordered equipment and supplies, developed Policy & Procedures Manual, participated in employee evaluations, QA, budgeting, etc. Department experienced significant growth each year. Albuquerque, NM

1989-1994: Managed clinics for Presbyterian Healthcare Outpatient Physical Therapy. Clinics I managed were the most efficient of all 5 PHOPT clinics and served as models for improved staffing efficiency. PT Student clinical supervisor at each site. Albuquerque, NM

1985-1990: Physical Therapy Manager/Clinician at Valencia Presbyterian Hospital. Performed program planning and development, marketing ordered equipment and supplies, developed Policy & Procedures Manual, participated in employee evaluations, QA, etc. Department experienced significant growth each year. Belen, NM

1983-1986: Staff Physical Therapist at Kaseman Presbyterian Hospital. Treated a variety of clients, including inpatient, outpatient, wound care, neurological rehab, orthopedic, geriatric, etc. Albuquerque, NM

1982-1983: Albuquerque Back Clinic. Provided outpatient PT and back school education in a back care clinic. Albuquerque, NM

1981-1982: Northern Montana Hospital. I worked with Richard DonTigny, PT (a renowned clinician and SIJ expert). Treated a variety of clients, including inpatient, outpatient, wound care, neurological rehab, orthopedic, geriatric, etc. Havre, MT

Summer 1980: Anatomy Lab Assistant, University of New Mexico Division of Physical Therapy.

1979-1980: PT Aide at Kaseman Presbyterian Hospital. Albuquerque, NM

OTHER WORK EXPERIENCE

- January 1, 2010-present. Posted over 150 case studies and educational videos on You Tube, shared content on Facebook at: the following: Hesch Institute, 3-D Pain Drawing, Denver Coccyx Treatment Center, and Sacroiliac and Pubic Joint Biomechanics and Treatment A New Perspective, and Denver Colorado Tailbone AKA Coccyx Treatment.
- April 26, 2020. Presented webcast with host Robert Shapiro of Professional Seminars titled: Is it time for a major shift in how we interpret sacroiliac joint biomechanics, evaluation, and treatment?
- 2015 Article reviewer. J Bodywork & Movement Therapy.
- 2012: Consultant - SI-Bone, Incorporated, a sacroiliac fusion device design company.
- 2012: Book Reviewer - Chaitow, L., Longrove Jones, R., Chronic Pelvic Pain and Dysfunction: Practical Physical Medicine, Elsevier.
- 2012: Book reviewer – Schleip, R., Findley, T., Chaitow, L., Huijing, P., Fascia: The Tensional Network of the Human Body, Elsevier.
- 2006 to 2017: Article reviewer for J of Women’s Health PT.
- 2005: Proofed paper on Ultrasound imaging of abdominal wall in runners.
- 2002-2003: Obtained speakers for the Southern Nevada PT District.
- June 1998: Reviewer for Mosby / Yearbook.

- 1997-2001: Clinical Educator, supervising students from University of New Mexico, University of Indianapolis, Krannet School of Physical Therapy, and Hardin-Simmons University.
- 1994 to 2007: Participated with research planning for an Advanced Master's Thesis, as well as multiple small studies using the Hesch Method. Several of these were presented at the World Congress on Low Back Pain and the Sacroiliac Joint, in Montreal and Barcelona; and at State Chapter Annual Conferences and World Congress of Physical Therapy.
- August 12-13, 1992: Pre-conference Planning Committee, First World Congress on Low Back Pain and its Relation to the Sacroiliac Joint, with Thomas Dorman, Andry Vleeming, Richard DonTigny.
- 1990-1997: Served on the Education Panel and Nominating Committee NMAPTA.
- November 1989 - March 1990: Reviewer for Mosby / Yearbook.
- 1989: Founded New Mexico Manual Therapy Study Group.
- 1987-1989: Pre-publish book reviewer, CV Mosby Publishing Company/William Brooks, DO.
- 1985-1989: Contract part-time home health care, various agencies, Belen, NM.
- 1984: Private one-day Tutorial, Janet Travell, MD, Courtesy of Suzanne Poole, Albuquerque, NM.
- 1983-1995: Clinical Educator, supervising students from University of New Mexico, University of Indianapolis, Krannet School of Physical Therapy, and Hardin-Simmons University.
- 1983: Served on Physician Marketing Committee, Kaseman Hospital.

PUBLICATIONS AND PAPERS

- Hesch J. Can Massage and Myotherapists Evaluate and Treat Cuboid Syndrome? *Massage & Myotherapy J Aus.* 2020;4;21-3.
- Hesch J. *Evidence-Based Treatment for The Whole Body: Gentle, Effective Manual Therapy.* 2020, Hesch Institute. Aurora, CO.
- Hesch J. *Treating Sacroiliac Joint Dysfunction and Lumbopelvic Pathomechanics: Integrating the Sacroiliac, Pelvis, Lumbar Spine, Hips and Symphysis Pubis.* 2020. Amazon.com. Seattle, WA.
- Hesch J. Treating Micromotion Hypomobility of the Atlantoaxial Joint in Patients with Whiplash Injury. In Authors: Lundgren M, Johannson L. *Movement Integration - the Systemic Approach to Human Movement.* Berkley, CA. North Atlantic Books. 2020: 212-22.
- Paper: Pubic joint dysfunction, pubic symphyseal diastasis and sacroiliac joint dysfunction: Where should we apply pelvic compression supports? In submission *Acta Medica International*, December 20, 2015.
- 2011 Chapter; Sacral torsion about an oblique axis; A new approach to an old problem, in *Dynamic Body; Exploring Form and Function*, Erik Dalton, editor.

- 2011 A novel test and treatment of the forgotten hip rotators in piriformis syndrome: and relation with upper cervical spine restriction. *Physiotimes*. 2011;3(2)48-50.
- 2011 An Interview with Jerry Hesch. *Physiotimes*. 2011;3(1)18-21.
- 2011 DVD The Hesch Method of treating lumbopelvic dysfunction, integrating the pelvis, SIJ, hip and lumbar spine. Advanced material.
- 2011 DVD The Hesch Method of treating lumbopelvic dysfunction, integrating the pelvis, SIJ, hip and lumbar spine. Basic and intermediate material filmed at October 2010 Long Island, NY seminar.
- Nov 2010 Case Studies: Downslip Ilium with Paradoxical Upslip Ilium Appearance, Pudendal Neuropathy, Parainguinal Neuropathy; A New Internal Sensory Diagnostic Test" Poster Presentation for 7th Interdisciplinary World Congress on Low Back and Pelvic Pain
- Jul 2010 Case Study: "False Positive Pelvic Instability in Pregnancy", IOPTWH Newsletter
- 1997 "Evaluation and Treatment of the Most Common Patterns of Sacroiliac Joint Dysfunction", In: *Movement, The Pelvis and Low Back Pain*, Mooney V., Vleeming A., Stoeckart R, Dorman T: Churchill Livingstone
- Nov 1997 "The Hesch Method: Advanced Course" Video
- 1996 "Evaluating Sacroiliac Joint Play with Spring Tests", *OBGyn PT* 20: 3;4-7
- Jun 1994 "The Hesch Method of Treating Lumbopelvic Joint Dysfunction: An Integrated Approach, Advanced Course" Course Workbook
- 1992 "Manual Therapy Evaluation of the Pelvic Joints Using Palpatory and Articular Spring Tests," *Low Back Pain and Its Relation to the Sacroiliac Joint ECO Netherlands*
- Jan 1991 "The Hesch Method of Treating Lumbopelvic Joint Dysfunction: An Integrated Approach" Course Workbook
- Fall 1989 "Manual Therapy for the Sternum," *Physical Therapy Today*

LECTURES AND POSTER PRESENTATIONS

October 4, 2020. California Chapter APTA. 1.5-hour lecture: Is it Time for a major Shift in how We Interpret Sacroiliac Joint Biomechanics, Evaluation and Treatment?

September 25, 2020. Lecture/Poster Presentation Colorado Chapter APTA. Traumatic Side-bent coccyx Fixation: A Case Report. COAPTA Fall Conference

June 1, 2014: 2hr lecture Whole Body Joint Health, Barefoot Sanctuary, Las Vegas, NV

Poster Presentation: Pelvic joint mobilization for false positive late pregnancy pelvic joint instability. APTA Combined Sections Annual Meeting APTA. Women's Health PT Section. February 3-6, 2014, Las Vegas, NV USA

Poster Presentation: Reinterpretation of Obstetric Pubic Symphyseal Diastasis Biomechanics. APTA Combined Sections Annual Meeting. Women's Health PT Section. February 3-6, 2014, Las Vegas, NV USA

Poster Presentation: Three Cases: Predictive Value of Passive Pelvic Motion Testing in Early Inflammatory Spondylarthropathy and in Sacroiliac Fusions from H1N1 Virus Infection and from

Hardware Invasion Validated with CT Scan. American Academy Orthopedic Manual Physical Therapy Conference October 18, 2013 Cincinnati, Ohio. USA

Poster Presentation: Obstetric Pubic Symphyseal Diastasis: Imaging Support of a Novel Biomechanical Model. American Academy Orthopedic Manual Physical Therapy Conference October 18, 2013 Cincinnati, Ohio. USA

Research Presentation (6 x 6 Breakout Sessions): Reappraisal of some fundamental manual therapy concepts. AAOMPT Conference, Cincinnati, OH. October 19, 2013

Lecture: Three cases: predictive value of passive pelvic motion testing in early inflammatory spondylarthropathy and in sacroiliac fusions from H1N1 virus infection and from hardware invasion validated with CT scan. AAOMPT Conference, Cincinnati, OH. October 19, 2013

Poster Presentation: 3-D Pain Drawing, APTA CSM. Las Vegas, NV. February 2009. Poster accepted but not presented due to acute illness.

October 2011: Invited Lecturer 40-minute presentation on mechanical pelvic pain at the Annual International Pelvic Pain Society meeting, Las Vegas, NV.

April 30, 2007: "Evaluation and Treatment of the SIJ via the Hesch Method." Lecture and lab presented to DPT Students, Arizona School of Health Sciences, Mesa, AZ.

October 14, 2006: "Treating Soft Tissues in Sacroiliac Syndrome." AMTA, Atlanta, GA.

March 30, 2005 and January, 2005: "Science, Our Physical Therapy Heritage: A Philosophy of Inquiry with Inspiration from Contemporary Clinical Research." Gentiva Health Services, Albuquerque, NM.

October 2003: "Evaluation and Treatment of Abdominal Neuropathies." Southern Nevada Orthopedic Study Group, Las Vegas, NV.

September 2003: "A New Approach to Evaluation and Treatment of the SIJ." Southern District NV Chapter APTA, Las Vegas, NV.

1987-2000: "Basic SI Evaluation and Treatment", University of New Mexico, Senior Physical Therapy Class, and PT Club, Repeat Presentations 1987 – 200, Albuquerque, NM.

November 11, 1994: Keynote Speaker – The 10th Annual Rex McMorris Memorial Lecture on Rehabilitation, Institute of Physical Medicine & Rehabilitation, Peoria, IL.

October 29, 1994: AMTA, 3-hour intro lecture, Albuquerque, NM.

May 1994: Keynote Speaker – Canadian Athletic Therapist National Conference, Oakville, Ontario.

November 6, 1992: "Manual Therapy Evaluation of the Pelvic Joints Using Palpation and Articular Spring Tests". First Interdisciplinary World Congress on Low Back Pain and its Relation to the Sacroiliac Joint, University of California San Diego, San Diego, CA.

June 1990: "The Pitfalls Associated with Traditional Evaluation of Sacroiliac Joint Dysfunction and Their Proposed Solutions." APTA Annual Conference, Anaheim, CA.

April 14, 1990: "Soccer Injuries Involving the Hip and Pelvis" 2 - hour lecture, TVI, Albuquerque, NM.

PRODUCT AND CONCEPT DEVELOPMENT

March 2020. Developed a hand-held tool for coccyx joint mobilized.

June 2015. Developed a rib mobilization tool.

Developed a trochanter support for improved sitting comfort in the presence of hip dysplasia.

2013 Discovered an oblique occipito-atlantal restriction which is distinct from the typical rotation and opposite-side bending restriction. Upon restoring transverse plane rotation of occiput on the atlas, and restoring side bending mobility, the oblique restriction remains or emerges as a permutation and requires oblique traction and glide. This has literature support given that a large-number of the population have side to side differences in the joint space and joint shape.

2013 – Developed a pubic symphysis depth-gage to measure posterior excursion of the pubic fibrocartilage in cases of sagittal instability.

2011 - Developed a 3-D pain drawing tool. WWW.3DPainDrawing.com.

2011 - Developed home study on The Hesch Method: Integrating the Body. Recognizing and treating common inter-linked whole-body patterns of joint and dense connective tissue and reflex dysfunction

2010: Upgraded the Hesch Method Distance Learning Program's DVD with professional videography of the October Seminar.

2010 – www.heschinstitute.com: Website developed to communicate education and patient care utilizing the unique Hesch Manual Therapy developments. Hesch Institute, LLC established.

2007 to present - Developed a Distance Learning Program on the Hesch Method Basic and Intermediate lumbopelvic-hip complex.

2007 - Designed upper cervical motion restrictor. The classic cervical soft collar reduces motion only in the mid and lower regions. Some injuries, albeit rare, emphasize the upper cervical spine. This remarkably simple design has limited marketability.

2007 – www.heschmanualtherapy.com : Website developed to communicate some manual therapy developments especially those which I have contributed. Includes discussion of several very-unique presentations, demonstrates evaluation and effective treatment. This has been replaced by www.HeschInstitute.com

2005- Developed intra-inguinal palpatory screen for traumatic peripheral neuropathies of the ilioinguinal, iliohypogastric, and genitofemoral nerves.

2003 Described Type II cuboid syndrome, augmenting the traditional description of “cuboid syndrome”, and identifying a knowledge gap. Type II cuboid syndrome is a complex pattern involving all major joints of the foot and ankle, as opposed to a single articular dysfunction. Described a mobilization sequence (10-steps) for restoring normal talo-crural, sub-talar, mid- and forefoot motion. In contrast with the traditional manipulation for Cuboid Syndrome, this approach is a mobilization into pronation. This is opposite the arthrokinematically vague description and manipulation described in the literature.

1999 – Developed a vertical SI support, with and without force transducer.

Developed and marketed a sacral mobilization tool.

1998 - Described 5 additional motion dysfunctions (eval & rx) in addition to the usual superior glide fixation of the 1st rib. This can be a pattern involving the other proximal joints: sternoclavicular, AC, costosternal and the C7-T1 motion segment.

1990 – Designed and developed a tool to objectively teach and give feedback regarding specific amount of forces used on the pelvis and other bony structures and joints, when learning “Springing with Awareness/double-recoil spring testing”, and to kinesthetically/proprioceptively appreciate the end-feel of hypermobility and hypomobility.

1983 to 1985 - Developed and sold locally (Albuquerque, NM) Posture Chair, which is very similar to the Balanz Chair®, except more comfortable and able to accommodate small to very tall users.

1983 to present - Described a dozen new patterns of pelvic/SIJ, and pubic joint motion dysfunction, not described in the body of literature. List with description available upon request. Negated several Osteopathic theoretical patterns include upper pubic rotation which actually is a posterior glide along entire length, negated four patterns unilateral flexion and extension of sacrum. All patterns evaluated with additional landmark for palpation, ligament palpation, passive force transmission tests in neutral spine, flexion, and extension.

1982 - Introduced concept of the Seat Wedge, based on senior research project on positive seat slope and comfort ratings. Manufactured and marketed it locally, Albuquerque, NM.

HESCH WORKSHOPS: *BASIC AND INTERMEDIATE MATERIAL*

“Integrating Function in the Pelvis, Sacroiliac, Symphysis Pubis, Hip, and Lumbar Spine”:

- November 10, 2020 Created 11.25-hour webinar and certificate program titled: Sacroiliac Joint Specialist Certification: Innovative Treatment Methods for Every Type of Lumbopelvic Dysfunction. PESI REHAB, Chicago, IL.
- February 22-23, 2020 Professional Seminars, New York, NY
- August 4-5, 2019 Professional Seminars, New York, NY
- January 25-25, 2019 Albuquerque, NM
- September 15-16, 2018 Professional Seminars New York, NY
- May 11-12, 2018 Laren, The Netherlands
- November 02-03, 2018 Albuquerque, NM
- October 14-15, 2017 Professional Seminars New York, NY
- April 29-30, 2017 Chesapeake, VA
- August 6-7, 2016. Hesch Institute. Aurora, CO.
- October 3 & 4, 2015. Coconut Creek Therapy, Coconut Creek, FL.
- October 17 & 8, 2015. Physical Therapy & Rehab, Indianapolis, IN.
- August 22 & 23, 2015. PT First, Albuquerque, NM.
- March 21 & 22, 2015. Lawrence + Memorial Hospital, New London, CT
- November 15 & 16, 2014. Franciscan Alliance, Crown Point, IN
- October 18 & 19, 2014. Carrington College, Boise, ID
- September 20 & 21, 2014: Riverview Rehab and Fitness Center, Noblesville, IN
- September 6 & 7, 2014: Widener University, Chester, PA
- July 19 & 20, 2014: Rosen Method: The Berkeley Center, Berkeley, CA
- May 17 & 18, 2014: Coconut Creek Physical Therapy, Coconut Creek, FL
- April 26 & 27, 2014: Carrington College, Mesa, AZ

- April 12 & 13, 2014: The Therapy Network, Norfolk, VA
- March 8 & 9, 2014: Keokuk County Health Center, Sigourney, IA
- February 22 & 23, 2014: Alabama Spine & Rehab, Vestavia Hills, AL
- January 25 & 26, 2014: Carrington College, Albuquerque, NM
- November 2 & 3, 2013: Therafit, Tewksbury, MA (taught by Charles Brown, PT, MS)
- September 7 & 8, 2013: Magnolia Physical Therapy, Huntington Beach, CA
- July 20 & 21, 2013: Rosen Method: The Berkeley Center, Berkeley, CA
- May 18 & 19, 2013: Lasting Pain Relief Center, Tinton Falls, NJ
- April 6 & 7, 2013: Alabama Spine & Rehab, Vestavia Hills, AL
- March 21 & 22, 2013: Advance Physical Therapy & Sports Rehab, Beaver Dam, WI
- March 2 & 3, 2013: Carrington College, Las Vegas, NV
- February 23 & 24, 2013: Hands-On Physical Therapy, Mentor, OH
- December 8 & 9, 2012: Therafit, Tewksbury, MA (taught by Charles Brown, PT, MS)
- October 27 & 28, 2012: Utopia Academy, Vancouver, BC
- September 29 & 30, 2012: Millennium Therapy, Independence, IA
- September 15 & 16, 2012: St. Francis Sports Medicine/Rehab Service, Indianapolis, IN
- August 17 & 18, 2012: Synergy PT at Cleveland State University, Cleveland, OH
- April 14 & 15, 2012: Concord Hospital North, Concord, NH
- March 24 & 25, 2012: Orthopedic & Sports Medicine Specialists, North Andover, MA
- February 11 & 12, 2012: Therapy South, Hoover Clinic, Hoover, AL
- January 21 & 22, 2012: APM Spine & Sports Physicians, Norfolk, VA
- November 12 & 13, 2011: Aspirus Wausau Hospital, Wausau, WI
- November 5 & 6, 2011: Synergy Physical Therapy & Wellness, Berea, OH
- July 23 & 24, 2011: Riverview Hospital Rehab, Noblesville, IN
- June 25 & 26, 2011: Aquacare Rehabilitation at UMD Eastern Shore, Princess Anne, MD
- May 14 & 15, 2011: Total Fitness Physical Therapy & Fitness, Bowling Green, KY
- April 2 & 3, 2011: Cambridge Health Alliance, Somerville, MA
- March 5 & 6, 2011: Physical Therapy Rx PT, Inc., Huntington Beach, CA
- February 5 & 6, 2011: Allegiance Health, Jackson, MI
- November 6 & 7, 2010: Tina Baum Physical Therapy and Rehabilitation, Las Vegas, NV
- October 23 & 24, 2010: Gold Coast Physical Therapy and Sports Training, Huntington, NY
- August 2 & 3, 2003: CHS Midwest Health Strategies, Muncie, IN
- May 2 & 3, 2003: Idaho Chapter of the APTA, Sun Valley, ID
- September 28 & 29, 2002: Virginia Mason Medical Center, Seattle, WA
- May 4 & 5, 2002: Lovelace Health Systems, Albuquerque, NM
- April 19 & 20 2002: St. Joseph's Hospital and Medical Center, Phoenix, AZ
- February 16 & 17, 2002: Brooks Outpatient Rehabilitation Center, Jacksonville, FL
- December 1 & 2, 2001: St Joseph Northeast Heights Hospital Pavilion Physical Therapy Department, Albuquerque, NM
- June 2 & 3, 2001: The Physical Therapy Clinic, Jacksonville, NC

- April 6 & 7 2001: Sheltering Arms Physical Rehabilitation Hospital, Richmond, VA
- May 2 & 3, 2000: Sports Medicine & Occupational Orthopedic Clinic, Decatur, IL
- March 25 & 26, 2000: St Vincent Outpatient Rehab Center, Indianapolis, IN
- January 15 & 16, 1999: OP Services Memorial Hospital Rehab Institute of Chicago & SIH Rehab, Carbondale, IL
- September 12 & 13, 1998: Idaho PT Association, Boise, ID
- August 21 & 23, 1998: Cardinal Hill Healthcare, Lexington, KY
- March 20-22, 1998: Arizona School of Health Sciences, Mesa, AZ
- February 6-8, 1998: Springfield Clinic, Springfield, IL
- January 17 & 18, 1998: Gila Regional Medical Center, Silver City, NM
- October 31-November 2, 1997: Valley Medical Center, Seattle (Renton), WA
- October 17-19, 1997: NM Chapter APTA, Las Cruces, NM
- September 5-7, 1997: Wood River Medical Center, Sun Valley, ID
- May 17 & 18, 1997: Covenant Rehab Services, Milwaukee, WI
- February 21-23, 1997: KCOM SWST Osteopathic Medicine & Health Sciences Center, Mesa, AZ
- September 27-29, 1996: Riverview Hospital, Wisconsin Rapids, WI
- July 26-28 1996: Cardinal Hill Rehabilitation Hospital, Lexington, KY
- May 17-19, 1996: Hesch Seminars, Albuquerque, NM
- March 1-3, 1996: Frost Street Physical Therapy, San Diego, CA
- February 2-4, 1996: Union Hospital Performance Center, Terre Haute, IN
- September 16 & 17, 1995: Frost Street PT, San Diego, CA
- August 18-20, 1995: Cardinal Hill Rehab Hospital, Lexington, KY
- July 15 & 16, 1995: Virginia Rehab, Richmond, VA
- June 9-11, 1995: Carle Foundation Hospital, Urbana, IL
- May 5-7, 1995: Los Alamos Medical Center, Los Alamos, NM
- April 22 & 23, 1995: Colorado PT Institute, Broomfield, CO
- November 12 & 13, 1994: IPMR, Peoria, IL
- November 5 & 6, 1994: Northeast District California chapter APTA, Sacramento, CA
- September 17 & 18, 1994: THEREX PT, Denver, CO
- August 19-21, 1994: Ontario Athletic Therapist Association, Toronto, Ontario, Canada
- July 15-17, 1994: Valley Medical Center, Seattle (Renton) WA
- May 21 & 22, 1994: Virginia PT Assoc., Richmond, VA
- April 15-17, 1994: Hesch Seminars, Albuquerque, NM
- March 18-20, 1994: Hesch Seminars, San Diego, CA
- February 18-20, 1994: Cardinal Hill Rehab Hospital, Lexington, KY
- November 19-21, 1993: Institute of Physical Medicine & Rehab, Peoria, IL
- October 22-24, 1993: St Patrick Hospital, Missoula, MT
- October 13, 1993: Chicago Institute of Neurosurgery and Neuroresearch, Chicago, IL
- July 31, 1993: San Juan College, Farmington, NM
- July 16-18, 1993: Hesch Seminars, Albuquerque, NM

- April 23-25, 1993: Lovelace Mountainview PT, Albuquerque, NM
- March 26-28, 1993: Hesch Seminars, Tempe, AZ
- March 6 & 7, 1993: Rehab Institute of Chicago, Chicago, IL
- January 29-31, 1993: Hesch Seminars, Albuquerque, NM
- October 9 & 10, 1992: University of Wisconsin-Madison, Madison, WI
- September 19 & 20, 1992: Montana Deaconess Medical Center, Great Falls, MT
- July 17-19, 1992: Hesch Seminars, Santa Fe, NM
- April 4 & 5, 1992: Hesch Seminars, Albuquerque, NM
- February 15 & 16, 1992: Sharp Rees Stealey, San Diego, CA
- October 26 & 27, 1991: Rehab Management, Richmond, VA
- September 28 & 29, 1991: The Triangle Orthopedic Study Group, Research Triangle Park, NC
- July 13 & 14, 1991: Hesch Seminars, Albuquerque, NM
- April 20 & 21, 1991: RIOH Medical Group, Redding, CA
- March 22-24, 1991: Lovelace Medical Center, Albuquerque, NM
- February 10, 17, 1991: Hospital of the Good Samaritan, Los Angeles, CA
- September 7 & 8, 1990: HealthSouth, Albuquerque, NM
- May 10-12, 1990: Indiana Chapter APTA, Indianapolis, IN
- May 1988: NM Chapter APTA Spring Symposium, Albuquerque, NM
- February 15-17, 1985: Medical Arts Physical Therapy, Albuquerque, NM

HESCH WORKSHOPS: *WHOLE BODY WORKSHOP*

“Integrated Treatment of Patterns of Dysfunction Throughout the Body”:

- June 8-9, 2019 Boston, MA
- March 30-31, 2019 New York, NY
- October 10, 2017 The rest of the body. Cedar Crest, NM
- September 30, 2017 Foot, Ankle & Lower Extremity Denver, CO
- February 11 & 12, 2017: Hesch Institute, Denver, CO
- November 2, 2016: Part 1 Foot, Ankle, Upper Cervical. Cedar Crest, NM
- September 12 & 13, 2015: Orthopedic Associates of Lancaster, Lancaster, PA.
- August 8 & 9, 2015: The Therapy Network, Norfolk, VA.
- May 16 & 17, 2015: Carrington College, Boise, ID
- April 25 & 26, 2015: Advanced Therapeutic Massage, W. Des Moines, IA
- February 21 & 22, 2015: Carrington College, Albuquerque, NM
- November 15 & 16, 2014: Franciscan Alliance, Crown Point, IN
- October 25 & 26, 2014: Coconut Creek Therapy, Coconut Creek, FL
- August 2 & 3, 2014: Mt Hood Community College, Gresham, OR
- May 3, 2014: Upper Body 1-day Workshop, Lazarski Physical Therapy, Henderson, NV
- April 5, 2014: Lower Body 1-day Workshop, Lazarski Physical Therapy, Henderson, NV
- July 20 & 21, 2013: Rosen Center, Berkeley, CA
- June 8 & 9, 2013: St. Francis Sports Medicine/Rehab Service, Indianapolis, IN

- May 3-4, 2012: Invited 12-hour tutorial, Las Vegas, NV
- June 7-8, 2011: Invited 12-hour tutorial, Las Vegas, NV

HESCH WORKSHOPS: *ADVANCED SIJ MATERIAL*

“Integrating Function in the Pelvis, Sacroiliac, Symphysis Pubis, Hip, and Lumbar Spine”:

- October 2011: 4-hour workshop on evaluation and treatment of complex mechanical pelvic pain at the Annual International Pelvic Pain Society meeting, Las Vegas, NV
- November 2-3, 2002: St. Vincent Hospital Rehab Department, Indianapolis, IN
- February 24, 2001: St Joseph Hospital Rehab Dept., Albuquerque, NM
- September 23-24, 1995: Colorado PT Institute, Broomfield, CO
- May 1989: NM Chapter APTA Spring Symposium, Albuquerque, NM

WORKSHOP CO-PRESENTER

- November 6 & 7, 2004: “The Hesch Method of Treating the Sacroiliac Joint”. Hand & Orthopedic Rehab Specialists, Presented by Jerry Hesch, PT and Christine Gregor-Maxwell, PT; Salt Lake City, UT.
- April 29, 1995: Manual Medicine Techniques presented as part of Practical Orthopedics in the Primary Care Setting-1995” UNM School of Medicine, Albuquerque, NM; Presented by R. Dean Bair, DO, Margaret Royson, DO, Jerry Hesch, PT.
- February 7 & 8, 1992: “The Sacroiliac Joint and Lumbar Spine: A Balanced Perspective”. West Texas Rehabilitation, Abilene, TX; Presented by Robert Pattillo, PT and Jerry Hesch, PT.
- September 14 & 15, 1991: “The Sacroiliac Joint and Lumbar Spine: A Balanced Perspective” South Plains District Texas Physical Therapy Association, Lubbock TX; Presented by Robert Pattillo, PT and Jerry Hesch, PT.
- June 1 & 2, 1991: “The Sacroiliac Joint and Lumbar Spine: A Balanced Perspective” SHARP-Rees-Stealy, San Diego, CA; Presented by Robert Pattillo, PT and Jerry Hesch, PT.
- April 7 & 8 1990: “The Sacroiliac Joint and Lumbar Spine: A Balanced Perspective” Arizona Chapter APTA, Phoenix, AZ; Presented by Robert Pattillo, PT and Jerry Hesch, PT.

OTHER SEMINARS

- November 11, 1995: “Evaluation of the Most Common Patterns of Sacroiliac Joint Dysfunction” (Workshop) Second Interdisciplinary World Congress on Low Back Pain, University of California San Diego, San Diego, CA.
- October 29, 1994: “The Hesch Method of Treating Sacroiliac Joint Dysfunction: An Integrated Approach” American Massage Therapy Association National Convention, Albuquerque, NM.
- October 2 1994: “An Integrated Approach to managing the Most Common Patterns of Lumbopelvic Joint Dysfunction”. Texas Physical Therapy Association, San Antonio, TX.
- June 25, 1994: “Hesch Method Course Review”. St Patrick Hospital, Missoula, MT; Presented by Rina Luban, PT, and Chris Newman, PT.
- December 3-5, 1993: “The Pelvic Girdle Integrating Strain/Counterstrain and Muscle Energy Techniques”. Hesch Seminars, Albuquerque, NM; Presented by Michael Nored, MPT.

- February 15 & 16, 1992: “The Hesch Method of Treating Lumbopelvic Joint Dysfunction: An Integrated Approach”. SHARP-Rees-Stealy, San Diego, CA.
- November 1990: “Treating Common Strain Patterns with Muscle Energy Techniques.” St. Joseph Rehabilitation Hospital and Outpatient Center, Albuquerque, NM.
- October 20 & 21, 1990: “Treatment of Spinal and Pelvic Dysfunction With Muscle Energy Technique” Central District Indiana Chapter APTA, Indianapolis, IN.
- March 10, 1990: “The Sacroiliac Joint and Lumbar Spine: A Balanced Perspective” SHARP-Rees-Stealy, San Diego, CA.
- February 3 & 4, 1990: “Treating Spinal Dysfunction with Muscle Energy” Plaza Physical Therapy, San Antonio, TX.
- December 1989: “Treating Lumbopelvic Dysfunction in the Obstetric Population.” ObGyn Section, APTA, Orlando, FL.
- August 17, 1989: “The Sacroiliac Joint: Function, Dysfunction, Evaluation, and Treatment.” (2 hour inservice), Albuquerque Orthopedic Associates PT Department, Albuquerque, NM.
- May 1989: “Advanced Evaluation and Treatment of the Sacroiliac Joint.” NM Chapter APTA Spring Symposium, Albuquerque, NM.
- March 1989: “Muscle Energy for the Spine and Extremities.” Albuquerque Orthopedic Associates PT Dept., Albuquerque, NM.

LICENSED SEMINARS

- February 20 & 21, 2010: Reliant Rehabilitation Hospital, Richardson, TX
- April 18 & 19, 2009: Hancock Regional Hospital, Greenfield, IN
- March 20 & 21, 2009: Physical Therapy Innovations Location: Auburn, MA
- November 2008: St. Vincent Rehabilitation Services, St. Vincent, PT, Indianapolis, IN
- July 12 & 13, 2008: Indiana Athletic Trainers Association Summer Symposium, Conesco Fieldhouse, Indianapolis, IN
- March 8 & 9, 2008: Schwab Rehabilitation Hospital Location: Chicago, IL
- January 28 & 29, 2008: Tuomey Health Care, Sumter, SC
- November 3 & 4, 2007: Fisher Titus Medical Center, Norwalk, OH
- July 21 & 22, 2007: University of Indianapolis, Indianapolis, IN
- May 19 & 20, 2007: The Physical Therapy Clinic, Jacksonville, NC
- April 21 & 22, 2007: Palos Community Hospital, Palos, IL
- November 4 & 5, 2006: Bradley University, Peoria, IL
- July 22 & 23, 2006: St. Vincent Sports Medicine, Indianapolis, IN
- September 16 & 17, 2005: University of Indianapolis, Indianapolis, IN
- June 2005: NATA National Convention, Indianapolis, IN
- March 30, 2005: NATA National Convention, Indianapolis, IN
- January 2005: Airport University Inn, Albuquerque, NM

- October 8 & 9, 2004: Indiana Chapter of the APTA, Lafayette, IN
- August 2 & 3, 2003: CHS Midwest Health Strategies, Muncie, IN

CONTINUING EDUCATION

- October 31, 2020. Orthopedic Physical Assessment: Lumbar Spine. 7-contact hours. Home CEU Connection.
- October 31, 2020. Orthopedic Physical Assessment: Pelvis. 3-contact hours. Home CEU Connection.
- May 11, 2019. Orthopedic PT management of TMJD. PTPAC. Denver, CO.
- April 6-7, 2018. Conservative management of SIJD and hip impingement. Vynne education. Denver, CO.
- September 25, 2018. Basic Life Support. American Heart Association. Denver, CO.
- January 29-30, 2018. Hands-on vestibular rehabilitation. Vynne education. Denver, CO.
- November 04, 2017. Innovative approach to management of the cervical spine maximizing outcomes in fewer visits. Denver, CO.
- April 10-11, 2015: Explain Pain. NOI Group. Denver Colorado
- 2012- 2014: DPT, AT Still University Arizona School of Health Sciences
- 2012: Orthopedic Physical Therapy Secrets-Module 2: Disease Processes, 2-hour home study
- 2012: Orthopedic Physical Therapy Secrets-Module 9: The Spine, 6-hour home study
- 2012: Orthopedic Physical Therapy Secrets-Module 10: The SI Joint/Hip and Pelvis, 4-hour home study
- 2012: Orthopedic Physical Therapy Secrets-Module 12: The Foot and Ankle, 4-hour home study
- 2012: Book Reviewer - Chaitow, L., Longrove Jones, R., Chronic Pelvic Pain and Dysfunction: Practical Physical Medicine, Elsevier
- 2012: Book reviewer – Schleip, R., Findley, T., Chaitow, L., Huijing, P., Fascia: The Tensional Network of the Human Body, Elsevier
- 2011: Book Reviewer - Chaitow, L., Palpation and Evaluations Skills, Elsevier
- 2010: Book Reviewer - Muscolino, J., The Muscular System Manual, Mosby-Elsevier. Read chapters and took post-tests to determine time, relevant to developing distance learning
- 2009: Diagnostic Imaging Distance Learning Course, Orthopedic and Sports PT Section APTA
- June 26, 2008: Differential Diagnosis in PT, Part 08: Screening for Systemic Disease – The Hip and Groin, Catherine C. Goodman, PT
- June 26, 2008: Differential Diagnosis in PT, Part 07: Screening for Systemic Disease – Sacrum, SI Joint, Pelvis, Catherine C. Goodman, PT
- June 9, 2008: Differential Diagnosis in PT, Part 03: Pain Types and Viscerogenic Pain Patterns, Catherine C. Goodman, PT

- March 25, 2007: The Bottom Block: Foundation for the Kinetic Chain, Dr. Edward S. Glaser, DPM
- March 25, 2007: Biomechanics and Orthotics: Donald E. Bursch, PT, OCS
- March 23, 2007: Screening for Medical Referral: Musculoskeletal Complaint and Conditions, William Boissonnault, PT, DHSc, FAAOMPT
- July 24, 2006: The American Physical Therapy Association: Lymphedema, and Sciatica or Intermittent Vascular Claudication
- July 25, 2006: The American Physical Therapy Association: Business Skills In Physical Therapy - Legal Issues and Defining Your Business
- November 11, 2005: MediCom Worldwide: Regional Emerging Solutions in Pain through Education, Communication & Treatment
- July 2005: Physical Therapy for the Cervical Spine and Temporomandibular Joint, Jeff Ellis
- October 2, 2003: Lower Abdominal Injuries, Kyle S. Wilson M.Ed., ATC
- April 3, 2003: SI injuries, Kyle S. Wilson M.Ed., ATC
- March 19-21, 1999: Professional Issues
- January 1999: The Hip and Sacroiliac Joint, 30-hour home study
- August 15 & 16, 1998: Neuromuscular Therapy I
- May 2, 9, 16, 1998: Thoracic Cage, Evaluation and Treatment
- May 2-4, 1997: Lower Extremity Orthotics: Focus on Management of Persons with Neurological Involvement
- May 31 – June 2, 1996: Positional Release Techniques
- April 28, 1996: The Anterior Thoracic Cage, John Guarino
- November 9-11, 1995: 2nd Interdisciplinary Congress on Low Back Pain, University of California San Diego, CA
- May 19-21, 1995: Management of Foot and Ankle Dysfunction
- April 7-9, 1995: Introduction to Myofascial Concepts
- April 30, 1994: Update '94 – Health Care Reform in New Mexico, Debra Walker
- January 14-16, 1994: Management of Musculoskeletal Disorders of the Lumbar Spine, Duane Saunders
- 1994: Presbyterian Ghost Ranch Management Retreat, Ghost Ranch, Taos, NM
- September 12-16, 1993: Zero Balancing I, Alan Hext / Upledger Institute
- April 16, 1993: Increasing Human Effectiveness, Kathy Paez
- November 5 & 6, 1992: The First Interdisciplinary World Congress on Low Back Pain and its Relation to the Sacroiliac Joint, University of California San Diego, CA
- August 21-23, 1992: Scientific Basis of Evaluation and Treatment of Orthopaedic Dysfunction

- June 7 & 8, 1992: Functional Stabilization Training for Low Back Disorders, Beverly Biondi, PT
- May 1 & 2, 1992: APTA's Risk Management Program
- December 13-17, 1991: S-1 Introduction to Spinal Evaluation and Manipulation, Terry Paynter Sees, MMSc, PT
- November 1991: Foundations of Clinical Orthopaedics, Stanley Paris, PhD., PT
- October 29 & 30, 1991: Planning for Meetings, Conferences, and Special Events (non-credit), University of NM
- September 12, 1991: The Sacroiliac Joint: Pre-Congress Study Group, Dick DonTigny, Andry Vleeming, and Thomas Dorman
- September 10, 1991: How to Handle People with Tact and Skill, James C. Calano / CareerTrack
- November 3 & 4, 1990: Rehabilitation of Upper Quarter Dysfunction, Paul Christianson
- October 5-7, 1990: Mechanical Low Back Pain, J. Porterfield and K. De Rosa
- July 27-29, 1990: Medical Exercise: The Spine, SOMA
- February 26-28, 1990: The Backworks Training, Roger Minkow, MD
- October 6-8, 1989: Diagnosis and Treatment of Muscle Imbalances Associated with Musculoskeletal Pain, Shirley Sahrman PT, Ph.D.
- September 22-24, 1989: Chain Reaction: Successful Strategies for Closed Kinetic Chain Testing and Rehabilitation, Gary Gray
- April 7-9, 1989: Muscle Energy Part One, Dick McDonald / Upledger Institution
- March 31, 1989: Communication Workshop, SCHS
- March 4-6, 1989: Positional Release Technique, Denise Deig
- October 1988: Spinal Mobilization 5-day S-I, Ola Grimsby
- September 30 – October 2, 1988: Knee and Shoulder Rehabilitation, Lynn Wallace
- November 6-8, 1987: Cyriax Evaluation & Treatment Shoulder & Cervical Spine, Russel Woodman
- October 2-4, 1987: Biomechanics of Spine as Related to Functional Movement, Lynn Fagan
- July 11 & 12, 1987: Muscle Energy for Spine and Extremities, Frank Lowen
- June 4-7, 1987: Intermediate Craniosacral (includes TMJ), John Upledger
- May 30 & 31, 1987: Evaluations and Treatment of Low Back Dysfunction: Joint and Soft Tissue Mobilization, Paul Beattie
- March 1987: Interaction Management, SCHS
- November 13, 1986: Back in Shape, Dee Kotilainen, R.P.T. / Back in Shape Program
- October 3-5, 1986: TMJ Dysfunction: Evaluation and Treatment, A. Iglarsh
- September 11-14, 1986: Introductory Craniosacral Therapy, Upledger Institute
- March 12-15, 1986: Myofascial Release, John Barnes

- March 1986: Clinical Education Considerations for the Future
- March 1986: The Reality of Alzheimer's Disease
- October 1985: Peripheral Joint Evaluation and Treatment
- June 1985: International Sports Medicine Symposium
- May 17-19, 1985: SI Joint Biomechanics and Treatment, Carl De Rosa/James Porterfield
- April 12-14, 1985: Podiatric Physical Therapy, Michael Woodman
- March 22-24, 1985: Communication for Action, Hermenet
- March 1985: Introduction to NDT
- January 21, 1985: Personal Tutorial with Janet Travell M.D
- November 1984: Therex for the Geriatric Patient, Felderkraus
- October 1984: Neuromuscular Clinical Evaluation
- June 15-17, 1984: Cybex/Isokinetics, George Davies PT
- June 4 1984: Teleconference on Manual Therapy of the Back, William H. Fueller, Ph.D.
- May 1984: Environment of the Care Settings for the Elderly
- May 1984: Lower Limb Prosthetics for Physical Therapist, Northwestern University
- February 1984: McKenzie Approach: Evaluation and Treatment of Neck Pain
- January 1984: Communication Deficits of the CVA Patient in the Rehab Setting
- January 5, 1984: Teleconference on Bobath Techniques for the Stroke Patient, William H. Fueller, Ph.D.
- October 1983: Mechanical Treatment of the Spine: An Australian-McKenzie Incorporated Approach
- October 9, 1982: Cervical Spine Symposium, Richard Earhart
- May 12-15, 1982: Current Trends in CVA Evaluation and Treatment, J. Hulme

PROFESSIONAL ASSOCIATIONS / VOLUNTEER WORK

- 2016-present Denver Public Schools Lecturer
- 2001-2012: APTA Mentor
- 2011-2014: International Pelvic Pain Society
- 2011-2014: North American Spine Society
- 2010: Knights of Columbus
- 2010-Present AAOMPT
- 2009 – 2010: Volunteer City of Henderson Senior center, Henderson, NV
- 2007: Volunteer: Participated in formal debate with NV State Board of PT Examiners on use of the Title “Doctor” for DPT's

- 2005-2006, 2010: Assisted the NV State Board of PT examiners with updating to accommodate current terminology and reduce prejudicial language in the State PT Practice Act
- 2004-2005: Contributing Member, Nevada Neuropathy Support
- 2002: Volunteer Homeland Security Founding Member as a U.S. Coast Guard Auxiliary Volunteer
- 2000: Volunteer, Presentations of the Anne Frank Travelling Exhibit, Albuquerque NM
- 1999-2002: U.S. Coast Guard Auxiliary Education Officer, Flotilla 54, Albuquerque, NM
- 1997-2002: Physical Therapist of the Year Committee
- 1997-1999: St. Thomas Aquinas Newman Center Scholarship Committee
- 1995-1997: NMAPTA Nominating Committee
- 1994-1995: Advertising Editor NMAPTA Prime Mover
- 1992-1994: Education Panel NMAPTA
- 1980-Present: APTA Member, Research Section, Orthopedic Section, Sport's PT Section, Women's, Private Practice Section, Chronic Pain SIG.