

Outline

Lumbopelvic Workshop

Sections include Theory, Evaluation,
Home Exercise and Treatment Lab

DAY/DATE

- 8:00 Introduction
- 8:30 Principles of Evidence Based Practice
- 9:00 Motion, Function, Manual Therapy
- 10:00 Break
- 10:15 Patterns of Lumbopelvic-Hip
Motion Dysfunction
- 12:00 Lunch on your own
- 1:00 Patterns of Lumbopelvic-Hip
Motion Dysfunction
- 3:00 Break
- 3:15 Literature Review, Medical Screen
- 4:00 Patterns of Lumbopelvic-Hip
Motion Dysfunction
- 5:00 Adjourn

DAY/DATE

- 8:00 Patterns of Lumbopelvic-Hip
Motion Dysfunction
- 10:00 Break
- 10:15 Patterns of Pubic Joint
Motion Dysfunction
- 12:00 Lunch on your own
- 1:00 Patterns of Lumbopelvic-Hip
Motion Dysfunction
- 3:00 Break
- 3:15 Sacroiliac Supports, Leg
Length Inequality
- 4:30 Q & A
- 5:00 Adjourn

**HESCH
INSTITUTE**

25837 E. Maple Place
Aurora, CO 80018



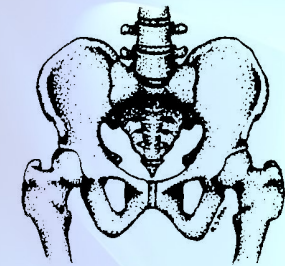
*"The Hesch Method changed my
practice. I have used it daily for
15 years."*

- Cara Ogren, DPT

PLEASE SHARE WITH YOUR COLLEAGUES

HESCH INSTITUTE PRESENTS:

Evidence Based Treatment for the Sacroiliac Joint: Integrating Function in the Pelvis, Sacroiliac, Symphysis Pubis, Hip & Lumbar Spine



**Instructor: Jerry Hesch,
MHS, DPT, PT**

DATE:

LOCATION:

**15-hours CE, 1.5 CEU approved by
N.M. Board of Physical Therapy**

"Jerry has the ability to simplify complex ideas and to demonstrate effective manual treatment strategies which expedite patients' health and well-being. The Hesch Method respects each patient's unique presentation and facilitates integration of the whole body from foot to head!"

Sheryl Einfalt, MPT

Course Description

While the pain prediction model has research support, it does not yield a systematic integrative treatment model. This workshop fills that void by appropriately emphasizing a systematic approach to the integration of the hip and pelvis, as together they form the foundation of the lumbar spine. The Hesch Method present a unique approach to evaluation which differentiates between micro-intrinsic joint dysfunction and macro-extrinsic movement dysfunction. Therapists consistently report confidence in the clinical application of this evaluation and treatment paradigm. This approach is very efficient and by the third visit the pattern resolution is stable and is easily maintained such that focus can then be directed on overall rehabilitation. Clinicians find this method to be more congruent to how the pelvis actually behaves, making it much more user-friendly, relevant and effective, in a logical format eliminating the need for rote memorization.

Course Objectives

At the conclusion of the seminar, the participants will have the following competencies in which they can:

- Analyze the significant limitation of the symmetrical/asymmetrical and alignment theory of SIJD
- Recognize painful and non-painful impairments
- Understand evidence-based practice principles
- Discuss research and theoretical literature
- Identify distal compensations within a whole-body perspective
- Describe joint, neuromuscular, posture and movement models
- Proficiently perform palpation and spring testing and treat hypomobility and hypermobility
- Using Clinical Prediction Rules, competently evaluate and treat common patterns of symmetrical and asymmetrical dysfunction and prescribe effective exercise, and self-care.

Course Presenter

Jerry Hesch has presented over 100 workshops in the USA, Canada and Europe, and has presented at state, national and international conferences. He has published two book chapters and a book (Amazon.com) on sacroiliac joint dysfunction (SIJD), He is working on a third book chapter on spring-recoil articular motion testing. The traditional biomechanical and treatment model of SIJD is based on the osteopathic model fully described in 1958. A new model emerges with some of the appropriate traditional aspects with novel work based on contemporary research and clinical experience. This model typically restores normal movement within three visits after which patients are independent with self-treatment, and can then focus on exercise rehabilitation. Jerry has discovered twelve patterns of movement dysfunction not described in the traditional model and along with others has developed passive mobility testing as an alternative to gross motion testing, which has poor inter-tester reliability and inappropriately interprets pelvic asymmetry as an intra-articular phenomenon.

Course Location

Additional Information

Karin or Jerry Hesch
Hesch Institute
25837 E Maple Pl
Aurora, CO 80018

Website: www.HeschInstitute.com

Email: Info@HeschInstitute.com

Ph 303-366-9445

Cell 702-561-0143

Suggested Hotel:

Please dress comfortably for lab.

Registration Form

Evidence Based Treatment for the Sacroiliac Joint



Early Bird Discount: \$000.00

Registration Deadline:

Please register early, space is limited.

Please register online at:

www.HeschInstitute.com/registration

Or EMAIL or FAX registration to reserve your slot.

Confirmation is sent upon receipt of registration.

Name: (print) _____

Title: _____

Facility: _____

Mailing Address: Home or Office

_____ ZIP _____

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