

The Hesch Institute Whole-Body Seminar

Traditionally, joint dysfunction, and dense connective tissue restrictions have been evaluated from the perspective of addressing a patient's primary complaint, a symptom-producing dysfunction. If not symptomatic, major joints are typically not evaluated beyond posture and gross motion. Yet recent works have brought forth the concept of regional-interdependence. For example, the role of thoracic mobilization for the treatment of neck pain and restriction has lent support to that concept. In a much larger context, the entire body is in fact an integrated whole, such that *asymptomatic* joint dysfunction, can have far-reaching effects proximally and distally, via biomechanical and reflexogenic influences. This approach to evaluation and treatment uses a whole-body perspective, and screens all major articulations in a variety of contexts, including asymptomatic segments.

The tradition of orthopedic manual physical therapy has several fundamental principles that are worthy of expansion and reinterpretation, such as recent writings on the concave-convex rule. An expansion of the basic joint mobility rating scale and of the mobilization scale is presented. Joints with considerable amounts of dense connective tissue require a gentle force to engage the cooperation of the nervous system, and to induce a slow and steady elongation and mobilization congruent with the basic science and properties of connective tissue. There are joints that do not, for a variety of reasons, respond optimally to the traditional grades of joint mobilization, be it oscillations or a thrust manipulation. This approach goes beyond brief elastic deformation into long lasting (plastic) reorganization of dense connective tissue. This is a profound, seemingly under-appreciated tool, which is certainly worthy of clinical understanding and application. A key concept is that very effective brief manual therapy intervention quickly segues into less hands-on and more self-care, patient education, and exercise rehabilitation.

The term "patterns of motion dysfunction" becomes relevant. While patients do have unique presentations, there are in fact common patterns of injuries such that a template to screen for several possibilities is applicable to all regions of the body. This approach is not rigid, but rather gives a road map, with the ability to recognize when the terrain is unique and not predicted.

This course does give an overview of pathomechanics of the pelvic girdle. However, due to the complexity of that region, it is covered in greater detail, in a separate 2-day seminar.

Course Highlights

- The seminar is appropriate for all levels of skill.
- Presents patterns of joint & dense connective tissue dysfunction that are reflected in several regions of the body and teaches identification of the root pattern when applicable.
- The traditional Osteopathic, Muscle Energy Technique, Joint mobilization, and Manipulative models are compared and contrasted with this innovative Method.
- Heavy emphasis is placed on *hands-on* laboratory sessions.
- A user-friendly evidence-based manual, with an abundance of helpful images, designed for easy clinical reference, providing Clinical Prediction Rules, accompanied by patient self-treatment and exercise hand-outs.
- Accurate palpation & Hesch *Springing with Awareness*[™] skill integration is ensured via abundant kinesthetic tools, multiple flexible skeletal models, disarticulated skeletal models, such as foot & ankle, etc., & repetition of lab practice with low instructor to student ratio.
- You will learn self-treatment and gentle long-lasting mobilization, dense and soft connective tissue release via viscoelastic creep neuro-mechanical therapy.

Course Objectives

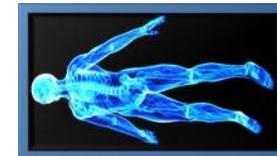
At the conclusion of the seminar, the participants will have integrated competencies in which they can:

- Understand the body of research, clinical science, and outcome studies, which undergird this method.
- Visualize the 3-D nature of the major joints of the body; describing their shapes, orientations, axes, and motion.
- Describe dysfunction from a joint function and postural-muscle length, and reflex neuromuscular facilitation and inhibition models.
- Proficiently perform palpation and Hesch *Springing with Awareness*[™] in order to identify and effectively address hypomobility and hypermobility.
- Using Clinical Prediction Rules competently evaluate & treat common patterns of asymmetrical & symmetrical dysfunction of the whole body and provide effective clinical treatment, exercise, and self-care.
- Competently address the root pattern and recognize distal reflexogenic effects.
- Identify adaptations and distal compensations, appreciating a regional interdependent & a whole body integration model.
- Recognize that pathomechanics is sometimes an extension of normative mechanics, and other times is unphysiologic, and therefore requires a novel perspective that recognizes the usual & unusual.

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a course full of practical
treatment for common
inter-related patterns
throughout the body**

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HESCH INSTITUTE presents: **THE WHOLE BODY SEMINAR**

**INTEGRATED TREATMENT OF
PATTERNS OF JOINT, LIGAMENT,
AND DENSE CONNECTIVE TISSUE
DYSFUNCTION AND THEIR DYNAMIC
NEURO-REFLEXIVE INFLUENCE ON
MOVEMENT AND STABILITY
THROUGHOUT THE BODY**



PRESENTER:
JERRY HESCH, MHS, PT, DPT(s)

Berkeley, CA
July 20 - 21, 2013
Rosen Berkeley Center

A 15 HOUR, 2 DAY COURSE

1.5 CEU's APPROVED BY ACEND
15 CEU'S APPROVED BY NCBTMB
BOC APPROVED PROVIDER

Hesch Method is a contemporary alternative to the Muscle Energy joint mobilization and joint manipulation model. It is ideal for orthopedic, neurological, pediatric and geriatric clientele.

"Best hands-on course I have ever taken."

Sally Wells-Yoo, PT, DPT, Phoenix, AZ

The Hesch Whole Body Seminar Agenda

Saturday, July 20, 2013

7:30am	Registration, coffee & tea
8:00am	Introduction, anatomy, joint mechanics, research, outcome studies, historical perspective
10:00am	Refreshment break
10:15am	Theory : Contrast mobilization, manipulation and viscoelastic creep; rethinking historical manual therapy rules, reflex therapy for hypermobility and hypomobility
Noon	Lunch (on your own)
1:00pm	Foot & ankle theory & lab*
2:00pm	The knee joint theory & lab*
3:00pm	Refreshment break
3:15pm	The integrated hip and pelvis theory & lab*
5:00pm	Adjourn

Sunday, July 21, 2013

7:30am	Registration, coffee & tea
8:00am	The integrated lumbar spine and pelvic girdle, thoracic spine and rib cage
10:00am	Refreshment break
10:15am	The cervical spine, CT junction, upper cervical, and TMJ theory & lab*
Noon	Lunch (on your own)
1:00pm	Shoulder girdle, AC-SC, and glenohumeral joints theory & lab*
3:00pm	Refreshment break
3:15pm	Elbow, forearm, wrist and hand theory & lab*
4:15pm	Exercise, self-treatment, conclusion
5:00pm	Adjourn

*Please dress comfortably for laboratory practice

Course Location:

Rosen Method: The Berkeley Center
825 Bancroft Way, Suite A
Berkeley, California, 94710
Phone: (510) 845-6606

Nearby Hotels:

Holiday Inn Express (510) 548-1700
La Quinta Inn Berkeley (510) 849-1121

Hesch Institute Development of the Hesch Method

The purpose of the Hesch Institute is to participate in the rehabilitation community through research, educational seminars, consultation and treatment for failed rehabilitation cases and for the complex chronic pain population. The Institute researches knowledge gaps in manual therapy and develops novel effective intervention. The Hesch Institute provides a user-friendly augmentation to the traditional muscle energy technique, joint mobilization, and manipulation models within a whole-body brief intervention and preventive paradigm. The Institute is especially active in countering the traditional MET biomechanical interpretation of sacroiliac joint dysfunction; and improving patient care for this misunderstood problem via the integration of contemporary research and application of rational interventions, and the delineation and integration of gross macro-motion of the pelvis from micro-motion of the SIJ and pubic joint.

The Hesch Institute has published a 250-page manual, advanced lumbopelvic material, whole body material, a distance learning program, articles and a chapter on the Most Common Pattern of SIJ Dysfunction in Movement, Stability and LBP: the Essential Role of the Pelvis, and a 2011 extensive chapter titled Sacral Torsion: A New Approach to an Old Problem in Dynamic Body: Exploring Form, Expanding Function. The Institute has presented over 100 seminars and lectures in the United States and internationally; and presented at the 2011 International Pelvic Pain Society Fall Meeting on Chronic Pelvic Pain. The Institute blogs and posts videos of unique case studies on YouTube.

The efficacy of the Hesch Method has been described in research by L. Olson, and separately by T. Kramer, and in several outcome studies. Research and case studies on the Hesch Method have been presented at 5 of the Interdisciplinary World Congress on Low Back & Pelvic Pain, most recently in 2010, and 3 abstracts are submitted for the 2013 Congress in Dubai, and AAOMPT 2013. Also there have been presentations on this work at a WCPT, and AT & PT State & National conferences, including a keynote speech at the Canadian National Athletic Therapists Conference.

Comments by Previous Participants

"Excellent material. It makes so much sense. I finally understand the SIJ"

Hollis Herman, DPT, PT, MS, Belmont, MA

"Much less confusing than the traditional and muscle energy model. I can apply it right away in the clinic and quickly achieve lasting change."

John Bolin, San Diego, CA

All of the therapists tried it and were so excited that it actually made sense and seemed to just make everything about the patient's problems CLICK."

Jill Irion, PT Supervisor, Norwalk, OH

"I'm having great results treating not only my SI patients but also my lumbar and hip patients as well! I'm very comfortable & confident treating SIJ now!"

Ridhima Wason, DPT, Indianapolis, IN

"I brought some of my failed cases back and they responded very positively to the Hesch Method."

**Scott Burch, MS, PT, APRN Lumbopelvic Instructor
Norfolk, VA**

"I liked that it was a more gentle approach than others. Nice to try techniques that don't involve manipulations. Enjoyed hands on lab time."

Camille Fenwick, DPT, Indianapolis, IN

"You've come up with an approach to the SIJ that makes more sense to me than anything that I've seen, and I'm excited about applying it."

Brian Miller, Marquette, MI

"This course was absolutely fantastic! Great job connecting the dots – it all made sense!"

Kristen Goodman, PT, Indianapolis, IN

"This is much clearer and less intimidating. More "clear cut" and common sense, easier to understand and integrate into treatment."

Ashlee Grant, DPT, Indianapolis, IN

"I wish I had this manual when I was in osteopathic medical school."

Dean Bair, D.O., Albuquerque, NM

"Amazing results without a great deal of time & effort."

Karen Boddan, PT, Beaver Dam, WI

"It changed my practice. I have used it daily for 13 years"

Cara Ogren, DPT, Cleveland, OH

REGISTRATION FORM HESCH INSTITUTE WHOLE BODY SEMINAR BERKELEY, CA JULY 20 & 21, 2013

Course Fees:

\$495 per licensed practitioner
\$525 late registration (after July 15, 2013)

Name: _____

Title: _____

Facility: _____

Mailing Address: () home or () office

_____ ZIP _____

E-mail: _____

Work: (_____) _____

Home: (_____) _____

Cell: (_____) _____

Course confirmations will be sent upon receipt of registration.

**Please register online at: www.HeschInstitute.com.
Or EMAIL or FAX registration to reserve a seminar slot. Payment to be received by 07/15/13.**

Credit Cards Accepted: Visa MC Discover AM EX

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No refunds after 07/15/2013. Cancellations prior to the registration deadline will receive a refund, less \$50 for administrative costs. Cancellations after 07/15/2013 will receive credit for a future seminar or Distance Learning. In the event of a course cancellation a full refund will be given, or funds can be applied to a future seminar or Distance Learning.