

Course Highlights

- Appropriate for all levels of skill for PTs, PTAs, ATs, LMTs, MD's, DCs, DOs and Rolfers
- The advantages of the contemporary and innovative Hesch Method is compared and contrasted with various traditional models
- Numerous hands-on laboratory sessions, including experience as patient, as observer/critic, and as clinician which greatly facilitates integration and a level of comfort with this approach
- User-friendly manual of over 250 pages
- Accurate palpation and Springing testing skill integration is ensured via kinesthetic tools
- Gentle long-lasting mobilization
- Connective tissue release
- Learn self-treatment

Course Objectives

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

- Competently address pathomechanics of the entire pelvis as *separate and distinct from the sacroiliac joint* and use this model for prevention by maximizing biomechanical function of this foundational and fundamental core structure.
- Analyze the significant limitations of the symmetrical/asymmetrical and alignment theory of SIJD and contrast the function of the micro- and macro-motion model.
- Analyze the extensive body of research and outcome studies, which undergird this method.
- Identify adaptations and distal compensations, appreciating a regional interdependent and whole body integration model.
- Describe lumbopelvic-hip dysfunction from both a joint function, and a neuromuscular facilitation/inhibition posture & movement model.
- Proficiently perform palpation and spring testing in order to identify and effectively address hypomobility and hypermobility.
- Using Clinical Prediction Rules, competently evaluate and treat common patterns of *symmetrical and asymmetrical* dysfunction of the pelvis, SI, hip, lumbar spine and pubic joint and prescribe effective clinical treatment, exercise, and self-care.

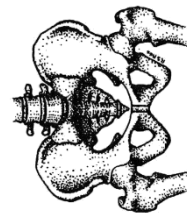
"I've had nothing but positive feedback. All of the therapists tried it and were so excited that it actually made sense and seemed to just make everything about the patient's problems CLICK."

Jill Irion, PT Supervisor, Norwalk, OH



Hesch Institute

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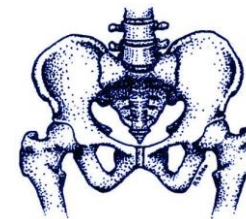
"The Hesch Method Changed my practice. I have used it daily for 13 years."
- Cara Ogren, PT

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HESCH INSTITUTE

Presents:

Demystifying the Pelvis & SIJ



**Integrating Function in the Pelvis,
Sacroiliac, Symphysis Pubis, Hip, and
Lumbar Spine**

Presenter: Jerry Hesch, MHS, PT, DPT(s)

A 15 - Hour, 2 - Day Course for
PT, PTA, ATC, MD, DO, DC, LMT

Rosen Berkeley Center

Berkeley, California
July 19 & 20, 2014

**1.5 hours CEU's Approved by ACEND
for PT/PTA licensure renewal**
15 CE Hours Approved by NCBTMB & BOC



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

- Scott Burch, MS, PY, Lumbopelvic Course Instructor

The Hesch Method Lumbopelvic - Hip Course

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 presents a unique approach to evaluation which differentiates between micro-intrinsic joint dysfunction and macro-extrinsic movement dysfunction. The practitioner can thoroughly assess the lumbopelvic structure in all planes of the body, thus demystifying complex pathomechanics. This approach uses language that is clear and easy to understand.

Simple intervention can be very effective. This course teaches manual therapy skills that are readily accessible and immediately applicable. Clinicians consistently report confidence in the clinical application of this evaluation and treatment paradigm.

Treatment using gentle, low-load, long-duration input goes beyond brief elastic deformation into long lasting (plastic) reorganization of dense connective tissue. This facilitates efficient neuromotor reprogramming. This is a profound, seemingly under-appreciated tool, which is worthy of clinical understanding and application.

A research thesis has demonstrated that brief treatment with the Hesch Method results in significant pain relief and increased SLR, and that most positional tests and micro motion spring tests demonstrate clinical usefulness with better than 70% agreement. This is a significant improvement over the results of research in the multiple studies which showed poor to fair inter-tester reliability of palpation & movement tests.

"In 8 years of practice I took 3 SI courses but never felt comfortable enough to properly assess & treat SIJD. I'm very comfortable & confident treating SIJ now!"

Ridhima Wason, DPT, Indianapolis, IN

What Makes This Approach Unique?

The traditional physical therapy model of evaluation and treatment of the pelvic joints can be traced back to Fred Mitchell, Sr.'s article titled "Structured Pelvic Function" published in 1958 in the osteopathic literature (AAOS). Although useful at that time, and utilized in the development of the Muscle Energy Treatment (MET) developed in the 1970's, and contributing a significant influence on the Manual Therapy approach, unfortunately this model is now outdated.

Over the course of 3 decades, the Hesch Institute has significantly reinterpreted this 55-year old model through the use of contemporary research. The traditional model names singular patterns of movement dysfunction, whereas the Hesch model recognizes group patterns. This yields clarity, predictability and a lucid road map leading to clinical prediction rules and lasting results. Clinicians find this method to be more congruent to how the pelvis actually behaves, making it much more user-friendly, relevant and effective.

Additional Information

Saturday, July 19 & Sunday, July 20, 2014
8:00 am – 5:00 pm

Course Location

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

Please dress comfortably for lab practice


"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

REGISTRATION FORM

Rosen Berkeley Center
July 19 & 20, 2014

Course Fees:

\$475.00  Early Bird registration (before 6/19/2014)
\$525.00 Standard registration
(ask about group discounts)

Please register online at:

www.HeschInstitute.com/workshops
Or EMAIL or FAX registration to reserve your slot.
Confirmations are sent upon receipt of registration.

Name: (print) _____

Title: _____

Facility: _____

Mailing Address: Home or Office

_____ ZIP _____

E-mail: _____

Work: (_____) _____

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PAYMENT MUST BE RECEIVED BY 07/14/14

No refunds after 07/14/2014. Cancellations prior 07/14/2014 will receive a refund, less \$50 for administrative costs. Cancellations after 07/14/2014 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.