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## **HOME STUDY / DISTANCE LEARNING OF THE HESCH METHOD BASIC AND INTERMEDIATE MATERIAL**

*A Unique, User-Friendly Approach  
That Integrates the Pelvis, Sacroiliac Joints, Symphysis Pubis, Hip,  
And Lumbar Spine; and Introduces Distal Somatic Relationships.  
An Alternative to the Osteopathic Muscle Energy Paradigm.*

### **Continuing Education Approved by:**

- ❖ 1.5 CEU's Awarded by the Nevada State Board of Physical Therapy Examiners
- ❖ 15 hours Approved Provider NCBTMB
- ❖ 15 hours BOC: Hesch Institute is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers

### **INTRODUCTION:**

The Hesch Method is an innovative approach, making the complexities of the pelvis and sacroiliac understandable with a relevant, clinically useful approach. Our goal is to make it easy for you to apply this material in the clinic for effective, efficient patient care. By using this approach, most simple and complex pelvic and sacroiliac joint dysfunctions are resolved in one to three visits. Clinicians are then free to address other issues such as strengthening, spinal stabilization, etc. Furthermore, this approach is very logical and very easy on the clinician and the client. We do not use long levers or Grade 5 manipulation. Application of Hesch Method has been clinically proven to contribute to positive patient outcome in cases of pelvic and sacroiliac dysfunction.

This course covers the same Basic and Intermediate material that is taught in the 2-day Hesch Method Seminar. The Hesch Method Workbook is provided in addition to DVD lessons. Key lessons are covered in print with ample evaluation and treatment photos, diagrams, tables, anatomical and biomechanical figures, self-treatment photos, and home exercise program sheets to use as handouts. Lessons are also covered on DVD with demonstration on both an anatomical model and a live model.

Direct communication with Mr. Hesch is readily available throughout the learning process. Communications may be via phone calls, email, fax, and phone calls with camera through services such as SKYPE, Windows Messenger, or Google Video.

Participation in the course includes the opportunity to travel to Las Vegas/Henderson, Nevada to work 1:1 with Mr. Hesch. Participants are responsible for all travel expenses. However, if Mr. Hesch happens to be travelling to a participant's city, it may be possible to schedule a local 1:1 session. Distance Learning / Home Study Participants can also attend a *Hesch Co-Sponsored Seminar* by paying the difference in tuition: typically \$145.00. Mr. Hesch is committed to providing a very

satisfactory and very clinically relevant, pragmatic, hands-on learning experience designed to fill a void that currently exists in our profession.

This course is designed to fulfill a need to make the Hesch Method body of work available to those who:

1. Prefer to learn it at a slower pace than the typical 2-day weekend for basic and intermediate material.
2. Find it difficult to attend a 2-day basic and intermediate seminar, due to cost of travel, time, time away from family, etc.
3. Are adult learners who are self motivated to continue their education via a Distance Learning / Home Study format.
4. Desire a mentor guided process with one on one input throughout the process.
5. Wish to concentrate on learning the biomechanics of pelvis and sacroiliac over a few months with interactive instruction. This can result in greater proficiency in the method, and enhanced comfort with clinical application.
6. Desire to learn directly from Jerry Hesch, MHS, PT who has developed this body of work over a 30 year period.

### **FORMAT OF INSTRUCTION:**

- The same Workbook that is used in the Hesch Seminars is used in the Distance Learning / Home Study; and is accompanied by DVD's.
- Each lesson is outlined on the following pages, referencing the Workbook.
- DVD's will be provided to supplement the reading material. Some lessons are demonstrated on both an anatomical model or anatomy picture, and on a live model. A complete Seminar DVD is also included.
- Frequent contact is encouraged. Mr. Hesch is available by phone, web mail, e-mail, fax, standard mail, SKYPE, Google Video, and Windows Messenger during the Distance Learning / Home Study.
- A written post test is completed at the end of each lesson. In order to receive a course completion certificate, the post tests must be completed. A copy is to be mailed, or sent digitally at the completion of each lesson, before advancing to the next lesson. The participant will schedule a phone call at the completion of every test to go over the test answers, and explore the participant's understanding of the material. This also allows clarification and elaboration of key concepts. Feedback from previous students has shown that discussion with Mr. Hesch after each lesson has been a valuable part of the process.

### **DETAILS OF AGREEMENT:**

Both parties agree to ongoing communication to provide constructive input, to optimize the process for both parties. Both parties are clinical experts who have much to share in the development and enhancement of this learning venue. The typical privileges, rights and responsibilities of adult learners and educators underscore this process. Both parties comply with the ideals of their professional code of ethics.

A Certificate of Completion will be provided after all lessons are finished. Regrettably, CEU's (continuing education units) are not presently available in all states, but at participant's cost, Mr. Hesch will assist individuals who apply for CEU's. The certificate will attest to the clinician's learning, thus it

will be much more than a simple certificate of attendance. This is a Certificate of Basic and Intermediate Proficiency in the Hesch Method. A list of States awarding approved CEU's is available upon request.

If desired, there is an Advanced Hesch Method body of work. Upon completion of the Basic and Intermediate, and the Advanced Hesch Method material, the clinician can become Certified in the Hesch Method.

The material can be completed in 8 weeks by applying approximately 2 – 3 hours per week, and applying the skills in the clinic, or on friends and family. Some blocks may require more or less time. Realistic expectations – life being what it is – would perhaps be to complete in 3-4 months. We recognize that some clinicians have many commitments and may take longer to complete the course work. Participants are allowed up to 9 months to complete the program. However, the offer to travel for 1:1 instruction with Mr. Hesch is not time limited. The 1:1 tutorial may be scheduled at any time in the future.

Participant promises a minimum of communication via e-mail or telephone at least every 4 weeks to give an update on their status, progress, etc. Again, Mr. Hesch is readily available throughout the learning process, and participants are encouraged to use this resource as often as desired. Please note when making phone calls that Mr. Hesch is in the Pacific Time zone, and is available 9:00 am – 7:00 pm PST.

### **TUITION FEE:**

Tuition for this Distance Learning / Home Study program is \$395.00. This is a significant savings in comparison with the price of the 2-day Hesch Seminar.

If you are able to partner with another clinician, learning will be greatly facilitated. If signing up with another clinician, a discount is provided to both parties and tuition is \$350.00 each.

Participant agrees to honor the copyright of any and all materials provided.

Applicants are asked to include with the Application, a copy of resume or curriculum vitae. A recent or older version is acceptable; we respect your busy clinical practice and ask it is not necessary to update your resume or CV prior to submission.

Please read the agreement in its entirety before you sign the Application; it is your responsibility to understand it. This financial agreement is legal and binding.

Please note that hours listed are an estimate of the time needed to complete each lesson.

## OUTLINE

All Materials are found in the Hesch Workbook and DVD's provided. Please note that the DVD's do not precisely follow the workbook. Please refer to the Table of contents for the DVD's. Within each DVD after the first 35 seconds you can click on CHAPTERS which will reveal the outline. Please also review the workbook table of contents.

### **BLOCK 1 2 HOURS**

#### **Workbook Chapter 1, 2 DVD 1.**

Please note that the video does not follow the workbook, and the concept of spring testing is introduced early in the DVD (same as in the seminar), whereas in the workbook they are introduced in chapter 3. Early introduction to this fundamental concept is helpful.

QUOTATIONS **DVD 1: Time 11:15**

INTRODUCTION **DVD 1: Time 00:00**

HISTORICAL REVIEW DEVELOPMENT OF THE HESCH METHOD

ANATOMY **DVD 1: 17:10**

ARTICULAR REVIEW

LIGAMENTS

THE SYMPHYSIS PUBIS

INNERVATION AND MECHANORECEPTORS

TABLE 1. CLASIFICATION OF ARTICULAR RECEPTORS

MUSCULAR INFLUENCE

MOTION IN THE PELVIC JOINTS **DVD Time: 19:00.**

SACROILIAC JOINT MOTION

SYMPHYSIS PUBIS

### **BLOCK 2 2 HOURS**

#### **Workbook Chapters 3, 4, 5 DVD 1**

RADIOLOGY **DVD 1 Time: 1:50:27**

FUNCTION OF THE SIJ

SIJ DYSFUNCTION

SIGNS AND SYMPTOMS OF DYSFUNCTION

HYPOMOBILITY

USE OF SACROILIAC SUPPORTS

INSTABILITY

HORMONAL LAXITY

MUSCULAR IMBALANCE

LEG LENGTH INEQUALITY

PRINCIPLES OF MANUAL THERAPY AND MUSCLE ENERGY

MANUAL THERAPY

MUSCLE ENERGY

HESCH CREEP MODEL

**BLOCK 3 2 HOURS**

**Workbook Chapters 7, 8, 9**

**Disc 2**

SACROILIAC EVALUATION

COMPREHENSIVE SI EVALUATION.

SPECIFIC PELVIC JOINT SPRING TESTS

THE BASIC SACROILIAC JOINT SPRING TESTS

PALPATION AND BASIC PELVIC SPRING TEST GRADING FORM

INDICATIONS AND CONTRAINDICATIONS FOR TREATMENT

TREATMENT

TREATMENT GOALS

TREATMENT METHODS

HINTS FOR SUCCESSFUL EVALUATION AND TREATMENT

**BLOCK 4 3 HOURS**

**Workbook Chapters 10, 11, 12**

**Disc 2, 3 (sacral torsion section), and Disc 4 (4: optional review and case study)**

POSTERIOR GLIDE/FLEXION FIXATION OF THE FEMORAL HEAD

SIDE GLIDE DYSFUNCTION OF THE LUMBOPELVIC REGION

THE MOST COMMON PATTERN OF LUMBOPELVIC DYSFUNCTION

LEFT POSTERIOR PUBIC BONE

LEFT SACRALSIDE BENDING

RIGHT ANTERIOR ILIUM

LEFT POSTERIOR ILIUM

RIGHT TYPE I INFLARE

LEFT TYPE 1 OUTFLARE

LEFT TYPE 11 L5 FLEXION MOVEMENT DYSFUNCTION

SYMPHYSIS PUBIS DYSFUNCTION

SUPERIOR PUBIC BONE

INFERIOR PUBIC BONE

SYMPHYSIS PUBIS SHOTGUN TREATMENT

SACRAL TORSION ABOUT AN OBLIQUE AXIS **Disc 3**

TESTING OBLIQUE SACRAL POSITION AND MOBILITY

TABLE 5. SACRAL TORSION

TREATMENT OF SACRAL TORSION

**BLOCK 5 2 HOURS**

**Workbook Chapter 16**

**Disc 3 (second most common pattern section)**

THE SECOND MOST COMMON PATTERN

BILATERAL ANTERIOR ILIUM

BILATERAL INFLARE

SUPERIOR GLIDE FIXATION OF THE SACRUM

FORWARD BENT SACRUM

BILATERAL L5-S1 FLEXION DYSFUNCTION

TRACTION FOR BILATERAL LUMBAR FLEXION DYSFUNCTION

**BLOCK 6 2 HOURS**

**Workbook Chapters 14, 15**

**Disc 3 (ilium upslip and downslip sections)**

OTHER ILIUM (ILIOSACRAL) DYSFUNCTIONS

UPSLIP

DOWNSLIP

**BLOCK 7 1 HOURS**

*This is a deeper inquiry into lumbosacral motion coupling; and will explore it in all potential permutations, while reinforcing LS-S coupling learned in block 4.*

**Workbook Chapters 17**

EVALUATING AND TREATING FAULTY LUMBAR MOTION

TREATMENT METHODS

TABLE 3: FAULTY L5-S1 FLEXION DYSFUNCTION TREATMENT

TABLE 4: FAULTY L5-S1 EXTENSION DYSFUNCTION TREATMENT

**BLOCK 8 1 HOUR**

**Workbook chapter 18, Appendix 1**

ADVICE FOR ACTIVITIES OF DAILY LIVING

MUSCLE AND ARTICULAR REHABILITATION

MAJOR MUSCLE GROUPS

SPECIAL TESTS

GENERAL MOBILITY & FUNCTIONAL MOVEMENT TRAINING

LOWER EXTREMITY ARTICULAR MOBILITY EVALUATION

# The Hesch Method Home Study/Distance Learning / Home Study DVD Instructions

## DVD 1

There is no menu, simply hit "PLAY".

You can grab the blue video button at the bottom and move it forward to advance to another sections such as the anatomy section, etc.



Introduction , Intro to spring testing: 0.00

Anatomy 1:17:10

Radiology 1:50:24

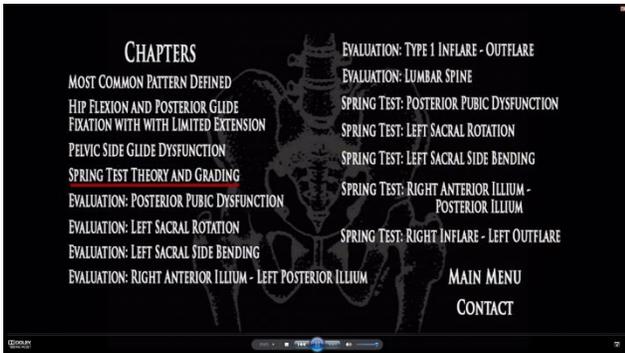
## DVD 2

Instructions

After the first 30 seconds in which the disclaimer is posted , and after the music stops you will come to this screen. Click on "CHAPTERS" if you want to select a specific topic, otherwise click "play".



You may click on any chapter or subsection and the video will play that selection.

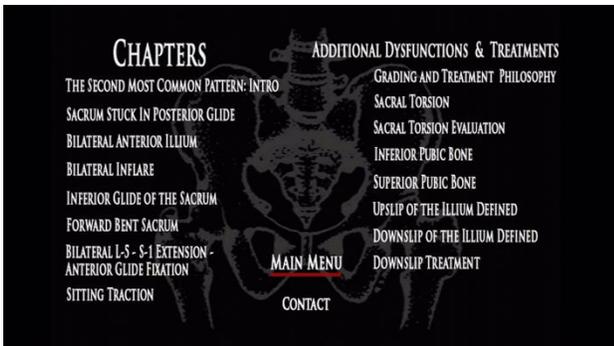


### DVD 3

After the first 30 seconds in which the disclaimer is posted , and after the music stops you will come to this screen.



You may click on any chapter or subsection and the video will play that selection.

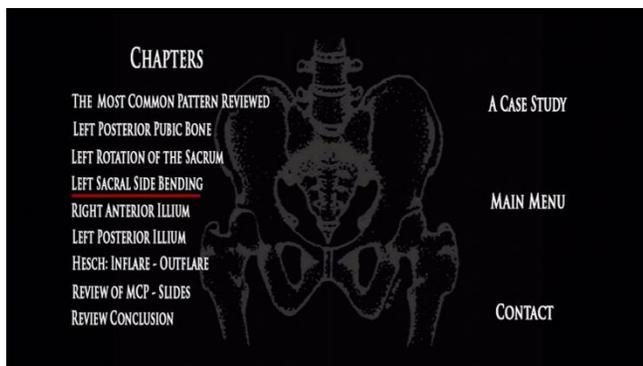


## DVD 4

After the first 30 seconds in which the disclaimer is posted, and after the music stops you will come to this screen.



You may click on any chapter or subsection and the video will play that selection.



## APPLICATION

I have reviewed the course description and agreement, and agree to all terms presented therein

Date \_\_\_\_\_

Participant (print) \_\_\_\_\_

Participant (signature) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phones (circle best # to call)

Home: \_\_\_\_\_ Office: \_\_\_\_\_

Cell: \_\_\_\_\_ Fax: \_\_\_\_\_

Best time to call: \_\_\_\_\_

Email: \_\_\_\_\_

Tuition for this Distance Learning / Home Study program is \$395.00. This is a significant savings in comparison with the price of the 2-day Hesch Seminar. If you are able to partner with another clinician, learning will be greatly facilitated. If signing up with another clinician, a discount is provided to both parties and tuition is \$350.00 each.

Payment Method (check one; listed in order of preference):

Check       Credit Card       Purchase Order

Charge card: please circle (Visa MasterCard American Express)

Card number: \_\_\_\_\_

Expiration date: (MM/YYYY) \_\_\_\_\_ Security Code: \_\_\_\_\_

Billing: (check if same as above)  SAME

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## PRELIMINARY QUESTIONNAIRE

1. Practice and area of clinical focus: \_\_\_\_\_  
\_\_\_\_\_
2. Years of Experience \_\_\_\_\_
3. Educational Level (Degree /Title) \_\_\_\_\_
4. How long have you been treating the pelvis and SIJ? \_\_\_\_\_
5. What is your day-to-day approach to treating the pelvis and sacroiliac joint (SIJ)?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. In a given week, how many clients do you see with problems related to the pelvis and SIJ?  
\_\_\_\_\_
7. Do you make a distinction between “sacroiliac joint dysfunction” and dysfunctional pelvic biomechanics? \_\_\_\_\_  
\_\_\_\_\_
8. Describe your comfort level in treating dysfunction of the pelvis and SIJ. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. Describe your comfort level in identifying and treating sacral torsions. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_