

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.

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 the traditional Osteopathic, Muscle Energy Technique, Joint Mobilization and Manipulation models
- Heavy emphasis is placed on hands-on laboratory sessions. Lab includes experience as patient, as observer/critic, and as clinician which greatly facilitates integration and a level of comfort with this approach
- A 250+-page user-friendly manual, with an abundance of helpful images, including treatment photos, flowcharts and tables, designed for easy clinical reference, providing Clinical Prediction Rules, and patient self-treatment and exercise checklist and hand-outs
- Accurate palpation and Springing testing skill integration is ensured via abundant kinesthetic tools, flexible pelvic models, and repetition of lab practice with low instructor to student ratio
- Learn self-treatment and gentle long-lasting mobilization, soft and dense connective tissue release via viscoelastic creep neuro-mechanical therapy

Course Objectives

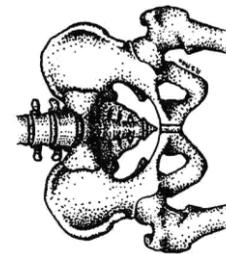
At the conclusion of the seminar, the participants will have integrated competencies in which they can:

- 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.

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Hesch Institute
1609 Silver Slipper Ave
Henderson, NV 89002
Phone: 702-558-6011
Fax: 702-565-6027
www.HeschInstitute.com



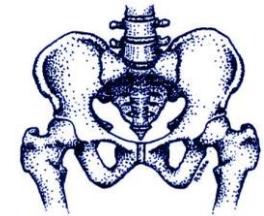
Finally, a course that
DEMISTIFIES
the pelvis and SIJ

PLEASE SHARE WITH YOUR COLLEAGUES

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 Course for PT, PTA, ATC, MD, DO, DC, LMT

Coconut Creek Therapy

Coconut Creek, Florida

May 17 & 18, 2014

15 hours CEU's Approved in Florida for
PT/PTA licensure renewal

15 CE Hours Approved by NCBTMB & BOC



The Hesch Method is a contemporary alternative which provides a logical and integrative approach that improves clinical techniques, providing lasting results.

Hesch Workshop Agenda

Saturday, May 17, 2014

- 7:30 am Registration
- 8:00 am Introduction, anatomy, joint mechanics, research, outcome studies, historical perspective
- 10:00 am Refreshment break
- 10:15 am Demystifying Sacral Torsion theory & lab*
- 10:45 am Most Common Pattern, Hip, Pelvis, SIJ, Pubic Joint, Lumbar Spine, evaluation & lab*
- Noon Lunch (on your own)
- 1:00 pm Lab continued*
- 3:00 pm Refreshment break
- 3:15 pm Treatment theory, research, lab*
- 4:30 pm Conclusion, Q & A
- 5:00 pm Adjourn

Sunday, May 18, 2014

- 7:45 am Registration
- 8:00 am Theory; Signs & symptoms, indications & contraindications
- 10:00 am Refreshment break
- 10:15 am Upslip, Downslip Ilium and Symphysis Pubis theory & lab*
- Noon Lunch (on your own)
- 1:00 pm Lumbosacral Mechanics: theory & lab*; Second Most Common Pattern: theory & lab*
- 3:00 pm Refreshment break
- 3:15 pm Whole Body integration, exercise management, patient education, prevention & self-care and, Most Common Pattern advanced concepts
- 4:30 pm Efficiently integrating Hesch Method in the clinic, Q & A
- 5:00 pm Adjourn

***Please dress comfortably for laboratory practice**

Course Location:

Coconut Creek Therapy
1315 Lyons Road
Coconut Creek, FL 33063
Contact: Todd James (954) 972-1200

Nearby Hotels:

Wyndam Palm-Aire Resort (866) 323-3087
Country Haven Hotel (954) 972-3606

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.

The Hesch Institute produces five workshops and distance learning on pelvic girdle dysfunction, advanced pelvic girdle dysfunction, whole body treatment, upper body treatment and lower body treatment. The Institute has taught over 100 workshops and has published articles, and chapters in *Movement, Stability and LBP: the Essential Role of the Pelvis*, and in *Dynamic Body: Exploring Form, Expanding Function*. The Institute has presented papers, lectures and workshops at various state, national and international conferences, including APTA, AAOMPT, IPPS, and World Congress on Low Back & Pelvic Pain. The Institute blogs and posts videos of unique case studies on YouTube.

Comments by Previous Participants

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

Scott Burch, MS, PT, Lumbopelvic Course Instructor, APRN Education, Norfolk, VA

"Much simpler and easy to use immediately in the clinic."

**Cherie Hamelin, MPT, DPT, FAAOMPT
Billerica, MA**

"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

"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

"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

"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

"This course was absolutely fantastic. Great job connecting the dots – it all made sense! Thank you for the treatment, running is fun again."

Kristen Goodman, PT, Indianapolis, IN

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

Dean Bair, D.O., Albuquerque, NM

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

Cara Ogren, DPT, Cleveland, OH

REGISTRATION FORM

Coconut Creek, Florida
May 17 & 18, 2013

Course Fees:

\$475.00  Early Bird registration (before 4/17/2014)
\$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

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PAYMENT MUST BE RECEIVED BY 05/12/14

No refunds after 5/12/2014. Cancellations prior 05/12/2014 will receive a refund, less \$50 for administrative costs. Cancellations after 05/12/2014 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.