

The Hesch Institute Whole Body Course

Traditionally, joint dysfunction, and dense connective tissue restrictions have been evaluated from the perspective of addressing a patients' 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 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. Additionally appropriate expansion of the basic joint mobility rating scale and 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 of connective tissue properties. 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 (HVLA). 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.

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 spring testing skill integration is ensured via abundant kinesthetic tools, multiple flexible skeletal models, disarticulated skeletal models, such as foot & ankle, etc., 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:

- Analyze 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 spring testing 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 inter-dependence & 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 not only the usual but also the unusual.

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Hesch Institute

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www.HeschInstitute.com



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

PLEASE SHARE WITH YOUR COLLEAGUES
2 courses – April 5, and May 3

HESCH INSTITUTE Presents 2 workshops

**Innovative and Effective Treatment
to Restore Integrated Joint Function:**

The Upper Body Workshop
The Lower Body Workshop



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

**Henderson, Nevada
Lazarski Physical Therapy**

👉 **Lower Body Workshop (1-Day)
April 5, 2014**

👉 **Upper Body Workshop (1-Day)
May 3, 2014**

**.75 CEU's Pending Approval in by NV
State Board of PT Examiners**

7.5 CE Hours Approved by NCBTMB
7.5 CE Hours Approved by BOC (ATC's)



"The most powerful and intuitive approach I have seen."
Mohan Siegel, PT Berkley, CA

Hesch Workshop Agenda

Saturday, April 5, 2014 - Lower Body Agenda

7:30 am	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
11:00am	Foot & ankle theory & lab*
Noon	Lunch (on your own)
1:00pm	Continue Foot & ankle theory & lab*
1:30pm	The knee joint theory & lab*
2:15pm	The hip theory & lab*
3:00pm	Refreshment break
3:15pm	The pelvis theory & lab*
4:15pm	Lumbar Spine theory & lab*
5:00pm	Adjourn

Saturday, May 3, 2014 - Upper Body Agenda

7:30 am	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
11:00am	Lumbar Spine theory & lab*
Noon	Lunch (on your own)
1:00pm	The thoracic spine and rib cage theory & lab*
2:00pm	The cervical spine, CT junction, upper cervical, and TMJ theory & lab*
3:00pm	Refreshment break
3:15pm	Shoulder girdle, AC-SC, and glenohumeral joints theory & lab*
4:15pm	Elbow, forearm, wrist and hand theory & lab*
5:00pm	Adjourn

***Please dress comfortably for laboratory practice**

The Hesch Institute

Development of the Hesch Method

Over the course of 3 decades, the Hesch Institute has developed a whole body approach to evaluation and treatment of connective tissue and joint dysfunction that is innovative, practical, and easy to apply. By meticulously examining knowledge gaps in manual therapy effective novel treatment has evolved. This approach recognizes sequential patterns of movement dysfunction throughout the body, as opposed to singular isolated dysfunctions. This model demystifies complex areas of the body leading to logical and straight forward treatment.

The Hesch Institute produces five workshops and distance learning programs 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.

Course Location:

Lazarski Physical Therapy
6301 Mountain Vista St #201
Henderson, NV 89014

Nearby Hotels:

Residence Inn Henderson (702) 434-2700
Courtyard Henderson (702) 434-4700

Comments by Previous Participants

"It incorporates even more of a softer, smarter whole body approach than other theories I have studied."
Anonymous, Indianapolis, IN

"I like the idea of treating through the whole system and discovering how a proximal part of the body will affect the distal areas."
Victoria Stenelson, PT Indianapolis, IN

"This method uses less force, longer duration of hold, which integrates the nervous system with the kinetic chain."
Anonymous

"Very, helpful. It gives simple options for finding and treating dysfunctions in just a few sessions."
Justine Hines, PT, DPT

"Much clearer nomenclature, and a straight-forward, treatment approach that yields lasting change."
Susan Koo, Davis, CA

"This is definitely easy to apply on Monday Morning."
Anonymous

"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

"I brought some of my failed cases back and they responded very positively to the Hesch Method."
**Scott Burch, MS, PT, APRN
Lumbopelvic Course Instructor, Norfolk, VA**

"This course was absolutely fantastic! I left feeling like I had something I could immediately put to use on my patients and it would work!! The material and information was made so simple by Jerry! I loved how easily everything was integrated and the thought process was explained as to why you would look at a certain area and what would logically follow. Great job connecting the dots – it all made sense!"
Kristen Goodman, PT, Indianapolis, IN

"This presents a refreshing new approach."
Anonymous, Berkley, CA

REGISTRATION FORM

Please check preferred workshop

- Lower Body – April 5, 2014
 Upper Body – May 3, 2014

Course Fees:

\$250.00 per day per licensed practitioner
\$275.00 late registration (within 1 week of course)
\$495.00 both workshops

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 1 WEEK PRIOR.

No refunds within one week of course date. Cancellations prior to the registration deadline will receive a refund, less \$50 for administrative costs. Cancellations after registration deadline 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.