

The Hesch Method SI 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.

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 certainly 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. This approach uses language that is clear and easy to understand.

Course Highlights

- This workshop is appropriate for all levels of skill for PTs, PTAs, ATs, LMTs, MD's, and DCs.
- 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 Hesch *Springing with Awareness™* skill integration is ensured via abundant kinesthetic tools, flexible pelvic models, and repetition of lab practice with low instructor to student ratio.
- You will learn self-treatment and gentle long-lasting mobilization, soft and dense connective tissue release via viscoelastic creep neuro-mechanical therapy.

Course Objectives

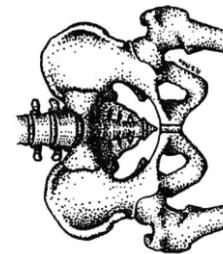
At the conclusion of the seminar, the participants will have integrated competencies in which they can:

- 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 Hesch *Springing with Awareness™* 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.
- 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.

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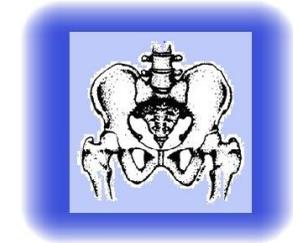
Finally, a course that
DEMYSTIFIES
the pelvis and SIJ

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HESCH INSTITUTE

presents

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



A 15-Hour, 2-Day Course
For PT, PTA, ATC, MD, DO, DC, LMT
Presenter: Jerry Hesch, MHS, PT, DPT(s)

Mesa, Arizona
April 26-27, 2014
Carrington College

**15 hours CEU's Approved in Arizona
for PT/PTA licensure renewal**
15 CE Hours Approved by NCBTMB
15 CE Hours Approved by 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, April 26, 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, April 27, 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:

Carrington College
1001 W. Southern Avenue
Mesa, AZ 85210
Contact: Kelly M King, PT, MA (480) 717-3520

Nearby Hotels:

Courtyard Phoenix Mesa (800) 627-7468
La Quinta Inn & Suites Phoenix Mesa (480) 844-8747

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

"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 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**

"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

Mesa, Arizona
April 26-27, 2014

Course Fees:

\$475.00 Early Bird registration (before 3/26/2014)
\$525.00 per licensed practitioner
(Inquire for 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: _____

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No refunds after 04/21/2014. Cancellations prior 04/21/2014 will receive a refund, less \$50 for administrative costs. Cancellations after 04/21/2014 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.