

## 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 all 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. An expansion of the basic joint mobility rating scale and of the 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 and properties of connective tissue. 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. 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.

The term "patterns of motion dysfunction" becomes relevant. While patients do have unique presentations, there are in fact common patterns of injuries such that a template to screen for several possibilities is applicable to all regions of the body. This approach is not rigid, but rather gives a road map, with the ability to recognize when the terrain is unique and not predicted.

This course does give an overview of pathomechanics of the pelvic girdle. However, due to the complexity of that region, it is covered in greater detail, in a separate 2-day seminar.

## 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 & Hesch Springing with Awareness™ skill integration is ensured via abundant kinesthetic tools, multiple flexible skeletal models, disarticulated skeletal models, such as foot & ankle, etc., & repetition of lab practice 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:

- Understand 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 Springing with Awareness™ 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 interdependent & 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 the usual & unusual.

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**Hesch Institute**  
1609 Silver Slipper Ave  
Henderson, NV 89002  
Phone: 702-558-6011  
Fax: 702-565-6027  
[www.HeschInstitute.com](http://www.HeschInstitute.com)



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

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## HESCH INSTITUTE

Presents:

## The Whole Body Workshop



**Integrated Treatment of Patterns of Joint, Ligament, and Dense Connective Tissue Dysfunction and Their Dynamic Neuro-Reflexive Influence on Movement and Stability Throughout the Body**

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

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

## Mt Hood Community College

Portland, Oregon  
August 2 & 3, 2014

**1.5 CEU's Approved by FSBPT for PT/PTA**  
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.

# The Hesch Method Whole Body Workshop Agenda

## Saturday, August 2, 2014

- 7:30am 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  
Noon Lunch (on your own)  
1:00pm Foot & ankle theory & lab\*  
2:00pm The knee joint theory & lab\*  
3:00pm Refreshment break  
3:15pm The integrated hip and pelvis theory & lab\*  
5:00pm Adjourn

## Sunday, August 3, 2014

- 7:30am Registration, coffee & tea  
8:00am The integrated lumbar spine and pelvic girdle, thoracic spine and rib cage  
10:00am Refreshment break  
10:15am The cervical spine, CT junction, upper cervical, and TMJ theory & lab\*  
Noon Lunch (on your own)  
1:00pm Shoulder girdle, AC-SC, and glenohumeral joints theory & lab\*  
3:00pm Refreshment break  
3:15pm Elbow, forearm, wrist and hand theory & lab\*  
4:15pm Exercise, self-treatment, conclusion  
5:00pm Adjourn

**\*Please dress comfortably for laboratory practice**

### Course Location:

Mt Hood Community College  
26000 SE Start Street  
Gresham, Oregon 97030  
Phone: (503) 491-7465

### Nearby Hotels:

Holiday Inn Portland/Gresham (503) 907-1777  
Days Inn & Suites Gresham (800) 615-3107

## 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

Portland, Oregon  
August 2 & 3, 2013

### Course Fees:

**\$475.00**  Early Bird registration (**before 7/02/2014**)  
**\$525.00** Standard registration  
*(ask about group discounts)*

### Please register online at:

[www.HeschInstitute.com/workshops](http://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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1609 Silver Slipper Ave, Henderson, NV 89002

Phone: 702-558-6011/FAX: 702-565-6027

Email: [HeschInstitute@yahoo.com](mailto:HeschInstitute@yahoo.com)

Web: [www.heschinstitute.com](http://www.heschinstitute.com)

**PAYMENT MUST BE RECEIVED BY 07/28/14**

No refunds after 07/28/2014. Cancellations prior 07/28/2014 will receive a refund, less \$50 for administrative costs. Cancellations after 07/28/2014 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.