

## The Hesch Method Whole-Body Common Patterns Seminar

Traditionally, joint dysfunction, and dense connective tissue restrictions have been evaluated from the perspective of addressing a patient's 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 basic 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. That topic 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 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 the innovative Hesch Method.
- Heavy emphasis is placed on *hands-on* laboratory sessions.
- A user-friendly 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*<sup>™</sup> skill integration is ensured via abundant kinesthetic tools, flexible skeletal models, disarticulated skeletal models, such as foot & ankle, etc., and 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*<sup>™</sup> 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 and whole body integration model.
- Recognize that pathomechanics is sometimes an extension of normative mechanics, and other times is unphysiologic, and this impacts evaluation & treatment.

Hesch Institute  
1609 Silver Slipper Ave  
Henderson, NV 89002  
[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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# THE HESCH METHOD WHOLE-BODY PATTERNS SEMINAR

BRIEF, INNOVATIVE AND EFFECTIVE  
TREATMENT OF COMMON PATTERNS  
OF WHOLE-BODY DYSFUNCTION



PRESENTER: JERRY HESCH, MHS, PT

**Indianapolis, IN  
June 8 - 9, 2013  
St. Francis Hospital**

A 15 HOUR, 2 DAY COURSE

**15 CEU's APPROVED BY INDIANA APTA**  
15 CEU's APPROVED & ACCEPTED BY  
IA, KY, OH, WI, VA, and other states  
15 CEU'S APPROVED BY NCBTMB

Hesch Method is a contemporary alternative to the traditional Osteopathic/Muscle Energy biomechanical evaluation and treatment model. It effectively provides a logical integrative system that quickly and efficiently improves clinical technique and results.

*"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**

## Hesch Method SI Course Agenda

### Saturday, June 8, 2013

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 manual therapy rules, exception to concave/convex, physiologic/unphysiologic movement dysfunction, enhanced scales of movement and scales of joint mobilization
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, June 9, 2013

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:

St Francis Sports Medicine  
5255 E. Stop 11 Road, Suite 301  
Indianapolis, IN 46237  
Contact: Crystal McCallum (317) 528-5000

### Suggested Hotel Accommodations:

Hampton Inn Indianapolis South (317) 889-0722  
Fairfield Inn Indianapolis South (317) 888-5535

## Hesch Institute Development of the Hesch Method

The purpose of the Hesch Institute is to participate in the rehabilitation community through research, educational seminars, consultation and treatment for failed rehabilitation cases and for the complex chronic pain population. The Institute researches knowledge gaps in manual therapy and develops novel effective intervention. The Hesch Institute provides a user-friendly augmentation to the traditional muscle energy technique, joint mobilization, and manipulation models within a whole-body brief intervention and preventive paradigm. The Institute is especially active in countering the traditional MET biomechanical interpretation of sacroiliac joint dysfunction; and improving patient care for this misunderstood problem via the integration of contemporary research and application of rational interventions, and the separation of gross macro-motion of the pelvis from micro-motion of the SIJ and pubic joint.

The Hesch Institute has published a 220+ page manual, advanced lumbopelvic material, whole body material, a distance learning program, articles and a chapter on the Most Common Pattern of SIJ Dysfunction in Movement, Stability and LBP: the Essential Role of the Pelvis, and a 2011 extensive chapter titled Sacral Torsion: A New Approach to an Old Problem in Dynamic Body: Exploring Form, Expanding Function. The Institute has presented over 100 seminars and lectures in the United States and internationally; and presented at the 2011 International Pelvic Pain Society Fall Meeting on Chronic Pelvic Pain. The Institute blogs and posts videos of unique case studies on YouTube.

The efficacy of the Hesch Method has been described in research by L. Olson, and separately by T. Kramer, and in several outcome studies. Research and case studies on the Hesch Method have been presented at 5 of the Interdisciplinary World Congress on Low Back & Pelvic Pain, most recently in 2010, and 3 abstracts are submitted for the 2013 Congress in Dubai. Also there have been presentations on this work at a WCPT, and AT & PT State & National conferences, including a keynote speech at the Canadian National Athletic Therapists Conference.

## Comments by Previous Participants

*"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 left feeling comfortable enough to properly assess & treat SIJD. Ever since I attended this course I keep the manual by my side & now I'm having great results treating not only my SI patients but also my lumbar and hip patients as well! 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, APRN Lumbopelvic Course Instructor, Norfolk, VA**

*"I liked that it was a more gentle approach than others. Nice to try techniques that don't involve manipulations. Enjoyed abundant hands on lab time."*

**Camille Fenwick, DPT, Indianapolis, IN**

*"You've come up with an approach to the SIJ that makes more sense to me than anything that I've seen, and I'm excited about applying it."*

**Brian Miller, Marquette, MI**

*"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, Clinical Director Indianapolis, IN**

*"This is much clearer and less intimidating. More "clear cut" and common sense, easier to understand and integrate into treatment."*

**Ashlee Grant, DPT, 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 HESCH METHOD REST OF THE BODY COURSE INDIANAPOLIS, IN JUNE 8 & 9, 2013

### Course Fees:

**\$495** per licensed practitioner

**\$525** late registration after June 3, 2013

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Facility: \_\_\_\_\_

Mailing Address: ( ) home or ( ) office

\_\_\_\_\_ ZIP \_\_\_\_\_

E-mail: \_\_\_\_\_

Work: (\_\_\_\_\_) \_\_\_\_\_

Home: (\_\_\_\_\_) \_\_\_\_\_

Cell: (\_\_\_\_\_) \_\_\_\_\_

Course confirmations will be sent upon receipt of registration.

**Please register online at: [www.HeschInstitute.com](http://www.HeschInstitute.com).  
Or EMAIL or FAX registration to reserve a seminar slot. Payment to be received by 06/03/13.**

Credit Cards Accepted: Visa MC Discover AM EX

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Please make checks payable to Hesch Institute and mail to:

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No refunds after 06/03/2013. Cancellations prior to the registration deadline will receive a refund, less \$50 for administrative costs. Cancellations after 06/03/2013 will receive credit for a future seminar or Distance Learning. In the event of a course cancellation a full refund will