

The Hesch Method SI Course

SIJD is fraught with confusion and misunderstanding. Yet 25-30% of the back pain population is reported to have a component of SIJD. Evaluation and treatment needs to evolve with the science and research.

The Hesch Method, a unique subset of Orthopedic Manual Therapy, presents a new approach to evaluation and treatment, in which spring tests are enhanced to a kinesthetic skill known as "Springing with Awareness™". The practitioner can thoroughly assess the lumbopelvic structure in all planes of the body, thus demystifying complex pathomechanics.

A viscoelastic creep and reflexogenic model of treatment can restore normative function regarding mobility and stability, allowing rapid achievement of treatment objectives. Clinicians consistently report confidence in the clinical application of this approach.

This intervention is simple and very effective. This course teaches manual therapy skills that are readily accessible and immediately applicable. This technique affects the powerful joint mechanoreceptors which reflexively modulate soft tissue function both locally and throughout the body.

Research informs that these receptors can be co-opted and contribute to central sensitization. The use of low load, long duration, gentle treatment, reduces pain and maximizes function.

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 profound improvement over the traditional approach. Other research on this approach demonstrates significant reduction in pain and Oswestry scores.

Course Highlights

- The seminar is appropriate for all levels of skill.
- Joint mobilization/manipulative models are compared with the contemporary and innovative Hesch Method.
- Heavy emphasis is placed on *hands-on* laboratory sessions with low instructor to student ratio.
- A 233-page user-friendly heavily illustrated manual, including treatment algorithms, designed for easy clinical reference, providing patient self-treatment and exercise hand-outs.
- Accurate palpation and *Springing with Awareness™* skill integration is ensured via abundant kinesthetic tools, flexible pelvic models, and repetition of lab practice.
- You will learn self-treatment and gentle long-lasting mobilization, dense and soft connective tissue release via viscoelastic creep neuro-mechanical therapy.
- Simple & direct gentle mobilization techniques that are very easy on the clinician.

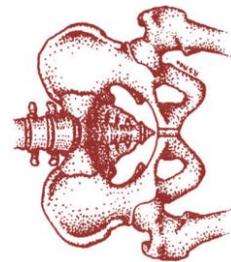
Course Objectives

At the conclusion of the seminar the participants will be able to:

- Understand the significant limitations of the symmetrical /asymmetrical and alignment theory of SIJD.
- Understand the body of research and outcome studies, which undergird this method.
- Understand lumbopelvic-hip dysfunction from an articular and neuro-reflexive perspective.
- Proficiently perform palpation and *Springing with Awareness™* to identify and effectively address hypomobility and hypermobility.
- Competently evaluate and treat common patterns of *symmetrical and asymmetrical* dysfunction of the pelvis, SI, hip, lumbar spine and pubic joint and provide effective clinical treatment, exercise, and self-care.
- Competently address pathomechanics of the entire pelvis as separate and distinct from the sacroiliac joint.
- Identify adaptations and distal compensations, appreciating a regional interdependent and whole body integration model.



Hesch Institute
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Henderson, NV 89002
www.HeschInstitute.com

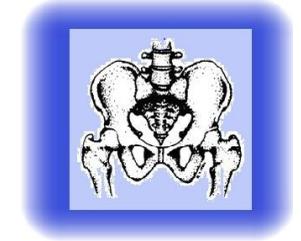


Finally, a course that
DEMISTIFIES
the pelvis and SIJ

PLEASE SHARE WITH YOUR COLLEAGUES

HESCH INSTITUTE PRESENTS

INTEGRATING FUNCTION
IN THE PELVIS, SACROILIAC,
SYMPHYISIS PUBIS, HIP, AND
LUMBAR SPINE



PRESENTER: JERRY HESCH, MHS, PT

Tinton Falls, NJ
May 18 - 19, 2013
Lasting Pain Relief Center

A 15 HOUR, 2 DAY COURSE

15 CEU's APPROVED BY NJ PT BOARD
15 CEU's APPROVED & ACCEPTED BY CT, IN, KY,
NY, OH, TN, RI, and other states
15 CEU'S APPROVED BY NCBTMB
APPROVED BOC PROVIDER

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

"Best hands-on course I have ever taken."
Sally Wells-Yoo, PT, DPT, Phoenix, AZ

Hesch Method SI Course Agenda

Saturday, May 18, 2013

8:00am	Introduction, Historical Perspective, Anatomy, Joint Motion, Radiology
10:15am	Lab* - Spring Test, Lumbopelvic-Hip Evaluation
Noon	Lunch (on your own)
1:00pm	Function & Dysfunction: Pelvic Pain, Signs & Symptoms, Pain Provocation Theory, Muscle Imbalance, Hypomobility, Hypermobility, Hormonal Laxity, Pathological Instability, Symphyseal Diastasis
2:00pm	Manual Therapy Principles, Viscoelastic Creep Mobilization, Treatment Theory, Pelvic Supports
2:30pm	Lab* - Most Common Pattern of Lumbopelvic-Hip Dysfunction, Evaluation & Treatment
4:30pm	Summary, Q & A

Sunday, May 19, 2013

8:00am	Research, Outcome Studies, Evidence Based Practice
9:00am	Lab* - Sacral Torsion, Upslip, Downslip Ilium, Pubic Joint Dysfunction
10:45am	Lab* – Posterior Glide Sacrum, Second Most Common Pattern
Noon	Lunch (on your own)
1:00pm	Lumbosacral Mechanics
1:30pm	Lab* – Review Most Common Pattern, Treatment Algorithm/Flowchart
3:45pm	Integrating Exercise Paradigms, Patient Self-care and Education, Proper Body Mechanics, Prevention, Whole Body Integration, Q & A

**Please dress comfortably for laboratory practice*

Course Location:

Lasting Pain Relief Center
55 North Gilbert St, Suite 2202, Bldg 2
Tinton Falls, NJ 07701

Contact: Olympia Hostler (917) 288-7477

Nearby Hotels:

Comfort Inn & Suites (732) 389-4800
Extended Stay America (732) 450-8688

The Hesch Institute

The purpose of the Hesch Institute is to participate in the rehabilitation community through education, research, publication and patient care.

Over the course of 3 decades, Jerry Hesch of the Hesch Institute has developed a whole body approach to evaluation and treatment of dense connective tissue, joint dysfunction, and arthrokinetic reflexes, 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, and incorporates novel interventions.

Recent literature describes “Regional Interdependence” suggesting treating two proximal regions, for example the need to treat the thoracic spine for cervical pain. Early on, the Hesch Institute recognized that a single injury can result in a sequential pattern of proximal, and ultimately distal, compensatory joint, soft, and dense connective tissue dysfunction. Oftentimes areas of restriction are asymptomatic, yet require intervention because they cause distal reflex symptomatic dysfunctions.

The 50-year old model of SIJ/lumbopelvic biomechanics is significantly reinterpreted, along with other regions, which are addressed in the “Common Patterns of Whole-Body Dysfunction” workshops and Distance Learning. This model demystifies complex areas of the body.

The Hesch Institute publishes a 240 page course manual, advanced lumbopelvic DVD, “Common Patterns of Whole-Body Dysfunction” workshops, distance learning programs, 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; presented at the 2011 IPPS 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 both by L. Olson, PT, DPT, and separately by T. Kramer, PT, PhD, ATC, and in several outcome studies. Research, case studies, and a workshop on the Hesch Method have been presented at 5 Interdisciplinary World Congress on Low Back & Pelvic Pain and 3 abstracts are submitted for the 2013 Congress in Dubai; also abstracts have been submitted for AAOMPT 2014 and APTA CSM 2014; also at the WCPT, and AT & PT State & National conferences, including a keynote speech at the Canadian National Athletic Therapists Conference.

Comments by Previous Participants

“Excellent material. It makes so much sense. I finally understand the SIJ”

Hollis Herman, DPT, PT, MS, Belmont, MA

“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

“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’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 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! Great job connecting the dots – it all made sense!”

Kristen Goodman, PT, 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 THE HESCH METHOD SI COURSE TINTON FALLS, NJ MAY 18 & 19, 2013

Course Fees:

\$495 per licensed practitioner
\$525 late registration after May 13, 2013
\$395 Course Review (repeat 2-day Hesch SI Course)
\$250 for Hesch Method Distance Learning students

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.
Or EMAIL or FAX registration to reserve a seminar slot. Payment to be received by 05/13/13.**

Credit Cards Accepted: Visa MC Discover AM EX

Card # _____ **Exp.** ____/____

Billing Address: () As Above **CVV** _____

_____ **ZIP** _____

Signature: _____

Please make checks payable to Hesch Institute and mail to:

HESCH INSTITUTE
1609 Silver Slipper Ave, Henderson, NV 89002
Phone: 702-558-6011 **FAX:** 702-565-6027
Email: HeschInstitute@yahoo.com
Web: www.heschinstitute.com

No refunds after 05/13/2013. Cancellations prior to the registration deadline will receive a refund, less \$50 for administrative costs. Cancellations after 05/13/2013 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.