

Course Highlights

Appropriate for all levels of skill for PTs

PTAs, ATs, LMTs, MDs, DCs, DOs and Rolfers

- The advantages of the contemporary and innovative Hesch Method is compared, and contrasted with various traditional models
- Numerous hands-on laboratory sessions wherein participants perform, receive, and observe treatment
- User-friendly manual of over 300 pages
- Accurate palpation and joint spring testing skill development
- Gentle, effective, long-lasting intervention
- Neuro-biomechanical skills taught

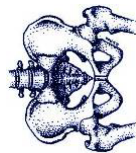
Course Objectives

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
- Discuss studies which undergird this method
- Identify distal compensations within a whole body perspective
- Describe joint, neuromuscular, posture and movement models
- Proficiently perform palpation, and spring testing and treat hypomobility and hypermobility
- Using Clinical Prediction Rules, competently evaluate and treat common patterns of symmetrical and asymmetrical dysfunction and prescribe effective exercise, and self-care
- Competently address pathomechanics of the entire pelvis as separate and distinct from the sacroiliac joint

"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



**HESCH
INSTITUTE**

25837 E Maple PL, Aurora, CO, 80018
Phone: 303-366-9445 Mountain Time, Fax:
303-366-9998
www.HeschInstitute.com

"The Hesch Method changed my practice. I have used it daily for 15 years."
- Cara Ogren, DPT

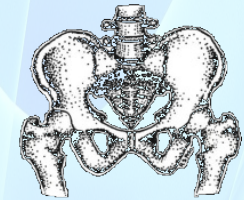
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HESCH INSTITUTE

PRESENTS:

Demystifying The Pelvis

**The Pelvis, Sacroiliac, Symphysis
Pubis, Hip, and Lumbar Spine:
Certification* Workshop**



Presenter: TBD

**Ogden Clinic PT Dept.
Ogden, Utah
October 08-09, 2022**

**A 15-Hour, 2-Day Course for
PTs ♦ PTAs ♦ ATCs ♦ MDs ♦ Dos**



15 CE Hours Approved by APTA UTAH

***Certificate of completion provided at the end of the workshop. Certification requires completion of the post-test, and upon passing (70% or higher) allows use of the initials HCSP Hesch Certified Sacroiliac Practitioner**

"I am a pelvic PT who took your SI course last year and love the techniques! Getting better results, faster with long lasting benefits."

M. Day, DPT February 2022

The Hesch Method Lumbopelvic-Hip 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. This approach uses language that is clear and easy to understand.

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 gain of mobility with release of motor inhibition. This facilitates efficient neuromotor reprogramming.

A research thesis demonstrated that brief Hesch Method treatment results in significant pain relief and increased SLR. Multiple studies showed poor to fair inter-tester reliability of palpation and movement tests, whereas this approach has moderate intratester reliability with demonstrated utility of the palpation and mobility tests.

This approach is very efficient and by the third visit the pattern resolution is stable and is easily maintained such that focus can then be directed on overall rehabilitation with much greater efficiency.

"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

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 "*Structural Pelvic Function*" published in 1958 (osteopathic literature AAOS). Although useful at that time and utilized in the development of the Muscle Energy Treatment (MET) as developed in the 1970's, it also had a significant influence on the Manual Therapy approach.

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. Consistent with how the body functions, group patterns are now identified. This yields clarity, predictability and a lucid road map leading to clinical prediction rules and alternative treatment that yields 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.

Additional Information

For questions contact the Hesch Institute
Info@Heschinstitute.com
303-366-9445

Workshop Dates & Times

Saturday, October 08 & Sunday October 09, 2022

7:30 am Registration

8:00 am – 5:00 pm Sat & Sun

Course Location

Ogden Clinic PT Dept.
Professional Center South
4700 Harrison BLVD
Ogden, Utah 84403

Please dress comfortably for lab practice

"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

REGISTRATION FORM

Ogden Clinic PT Dept October 08-09, 2022

Course Fees:

\$525.00 Early Bird registration (before 10/01/2022)
\$550.00 Standard registration

Please register online at:

www.HeschInstitute.com/workshop-registration
Or EMAIL or FAX or scan as a PDF and send via Email 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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Payment Method: Check Credit Card

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Please make checks payable to Hesch Institute and mail to:

HESCH INSTITUTE

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PAYMENT MUST BE RECEIVED BY 10/03, 2022

No refunds after 10/03/2022, substitution of another clinician is ok. Cancellations prior 10/03/2022 will receive a refund, less \$50 for administrative costs. Cancellations after 10/03/2022 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.