

Course Description

This course is designed to create confidence in screening the foot, ankle, and lower extremity and providing gentle, effective massage, myofascial, and articular techniques. The instructors demystify this region of the body by dividing the lower leg into meaningful functional units. With ample hands-on lab time participants will leave the course feeling very confident and competent in working with this region of the body. This course covers self-treatment techniques and simple effective exercise for home program. It also provides a user-friendly lab manual which includes ample photos and illustration for easy reference.

Goals & Objectives

- At the conclusion of the seminar, the participants will have integrated competencies in which they can:
- Evaluate and treat the foot, ankle, & lower extremity using massage, myofascial techniques and joint mobilization
- Understand how muscle, tendon, ligament, joint and fascia all participate with the nervous system as a unified system which responds to hands-on care
- Effectively reduce trigger points, restore normal ROM and normalize resting muscle tone
- Learn to provide successful self-treatment strategies including ROM, self-mobilization, stretching and strengthening to complement your hands-on work



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HESCH INSTITUTE

PRESENTS:

Massage, Myofascial Intervention and Joint Mobilization for The Foot & Ankle, and Lower Extremity



Location: Centennial, CO

Date: Saturday September 30, 2017

PRESENTERS:

Larry Amos, CMT & Jerry Hesch, DPT

A 7.5-Hour, 1-Day Course for Massage Therapists & Bodyworkers



7.5 CE Hours
Approved by
NCBTMB

"The best workshop/seminar I have attended."

- Bruce Eacrett, PT

"My income skyrocketed when I starting using this approach to treating feet. People love to make good referrals and now I am consistently busy."

- Jorge Gonzales, Rolfer

Instructor Jerry Hesch, DPT



Jerry Hesch, DPT is a creative hands-on clinician who has been developing and presenting workshops since 1981. He believes in utilizing gentle, prolonged forces that engages the bodies cooperation in making lasting change. Jerry has published

several works, including a book on sacroiliac joint dysfunction, a book chapter on SIJD, and chapter in Eric Dalton's book Dynamic Body. In 2010 Jerry established The Hesch Institute which provides treatment for complex chronic pain cases, and also provides workshops and distance education.

Instructor Larry Amos, LMT



Thirty years ago, Larry Amos started out as an Emergency Medical Technician. Interest in injury and healing led to completing the Therapeutic Massage Training Program in 1997 from Florida College of Natural Health. Continued education goals led to multiple workshops studying

massage and bodywork, Reflexology, Active Isolated Stretching, Neuromuscular Therapy, and The Hesch Method. Larry has a holistic approach and believes in the integration of spirit, mind, body, and emotions working together to create harmony. He currently works at Clinix Healing Center and The Healing Center Allergy and Pain Clinic both located in the Denver Tech Center (DTC) area. Larry has also instructed on a variety of massage therapy topics at the Denver Integrated Massage School.

Workshop Date, Time, & Location

September 30, 2017
7:30 am Registration
8:00 am till 5:00 pm
Clinix Healing Center
7030 South Yosemite
Centennial, CO 80112

Massage for the Foot, and Lower Extremity

8:00-9:00	Common dysfunctions, Theory, Modalities
9:00-10:00	Demo toes and foot, Treatment Lab
10:00-10:15	Break
10:15-11:00	Demo Anterior Crus, Treatment Lab
11:00-12:00	Demo Posterior Crus, Treatment Lab
12:00	Lunch Break

Foot & Ankle Myofascial Patterns of Joint Dysfunction

1:00-2:00	The Ankle: Theory, Evaluation and Treatment Lab
2:00-3:00	The Midfoot: Theory, Eval and Treatment Lab
3:00-3:15	Break
3:15-4:00	The Forefoot: Theory, Eval and Treatment Lab
4:00-5:00	Integrating the Hip with Foot and Ankle: Theory, Eval and Treatment Lab
	Q & A, Self-treatment and Home exercise program
5:00	Adjourn

REGISTRATION FORM

Massage, Myofascial Intervention and Joint Mobilization for The Foot & Ankle, and Leg

Course Fees:

\$295.00 Early Bird Register by September 25
\$350.00 Standard registration

Please register online at:

www.heschinstitute.com/registration or email or fax registration to reserve your slot. Confirmations are sent upon receipt of registration.

Name: (print) _____ Title: _____

Facility: _____

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_____ ZIP: _____

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For questions please contact the Hesch Institute:

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