

## Outline

### Lumbopelvic Workshop

Sections include Theory, Evaluation and Treatment Lab

#### Friday, January 25, 2019

- 8:00 Introduction
- 8:30 Principles of Evidence Based Practice
- 9:00 Motion, Function, Manual Therapy
- 10:00 Break
- 10:15 Patterns of Lumbopelvic-Hip Motion Dysfunction
- 12:00 Lunch on your own
- 1:00 Patterns of Lumbopelvic-Hip Motion Dysfunction
- 3:00 Break
- 3:15 Literature Review, Medical Screen
- 4:00 Patterns of Lumbopelvic-Hip Motion Dysfunction
- 5:00 Adjourn

#### Saturday, January 26, 2019

- 8:00 Patterns of Lumbopelvic-Hip Motion Dysfunction
- 10:00 Break
- 10:15 Patterns of Pubic Joint Motion Dysfunction
- 12:00 Lunch on your own
- 1:00 Patterns of Lumbopelvic-Hip Motion Dysfunction
- 3:00 Break
- 3:15 Sacroiliac Supports, Leg Length Inequality
- 4:30 Q & A
- 5:00 Adjourn

**HESCH  
INSTITUTE**

25837 E. Maple Place  
Aurora, CO 80018

PLEASE SHARE WITH YOUR COLLEAGUES

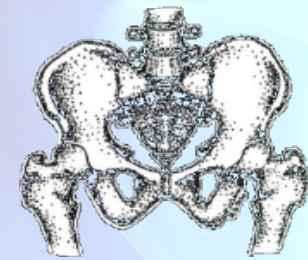


*"The Hesch Method changed my practice. I have used it daily for 15 years."*

- Cara Ogren, DPT

**HESCH  
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PRESENTS:**

**Evidence Based Treatment for the Sacroiliac Joint: Integrating Function in the Pelvis, Sacroiliac, Symphysis Pubis, Hip & Lumbar Spine**



**Instructor: Jerry Hesch,  
MHS, DPT, PT**

**January 25-26, 2019**

Mountain View Therapy Services, LLC

Albuquerque, NM

15-hours CE 1.5 CEU approved by  
N.M. Board of Physical Therapy

*"Jerry has the ability to simplify complex ideas and to demonstrate effective manual treatment strategies which expedite patients' health and well-being. The Hesch Method respects each patient's unique presentation and facilitates integration of the whole body from foot to head!"*

Sheryl Einfalt, MPT

## Course Description

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 present a unique approach to evaluation which differentiates between micro-intrinsic joint dysfunction and macro-extrinsic movement dysfunction. Therapists consistently report confidence in the clinical application of this evaluation and treatment paradigm. 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. Clinicians find this method to be more congruent to how the pelvis actually behaves, making it much more user-friendly, relevant and effective, in a logical format, eliminating the need for rote memorization.

## Course Objectives

At the conclusion of the seminar, the participants will have the following competencies in which they can:

- Analyze the significant limitation of the symmetrical/asymmetrical and alignment theory of SIJD
- Recognize painful and non-painful impairments
- Understand evidence-based practice principles
- Discuss research and theoretical literature
- 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.

## Course Presenter

Jerry Hesch has presented over 100 workshops and has published two book chapters and a book (Amazon.com) on sacroiliac joint dysfunction (SIJD). The traditional biomechanical and treatment model of SIJD is based on the osteopathic model fully described in 1958. A new model emerges with some of the appropriate traditional aspects with novel work based on contemporary research and clinical experience. This model typically restores normal movement within three visits after which patients are independent with self-treatment though exercise rehabilitation may continue to progress. Jerry has discovered twelve patterns of movement dysfunction not described in the traditional model and along with others has developed passive mobility testing as an alternative to gross motion testing which has poor intra-articular phenomenon. He is working on a third book chapter on spring-recoil articular motion testing.

### Course Location

Mountain View Therapy Services, LLC  
6700 Jefferson St NE Bldg E  
Albuquerque, NM 87109  
Phone: 505-948-4555

### Additional Information

Karin or Jerry Hesch  
Hesch Institute  
25837 E Maple Pl  
Aurora, CO 80018  
Website: [www.HeschInstitute.com](http://www.HeschInstitute.com)  
Email: [Info@HeschInstitute.com](mailto:Info@HeschInstitute.com)  
Ph 303-366-9445  
Cell 702-561-0143

Suggested Hotel  
Courtyard by Marriott  
5151 Journal Center Blvd NE  
Albuquerque, NM 87109  
Phone: 505-823-1919

Please dress comfortably for lab.

## Registration Form

### Evidence Based Treatment for the Sacroiliac Joint



Early Bird Discount: \$495.00  
by January 18th

Registration Deadline: January 21st

Please register early, space is limited.

Please register online at:

[www.HeschInstitute.com/registration](http://www.HeschInstitute.com/registration)  
Or EMAIL or FAX registration to reserve your slot.  
Confirmation is sent upon receipt of registration.

Name: (print) \_\_\_\_\_

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

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

Mailing Address:  Home or  Office

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

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

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Please make checks payable to Hesch Institute and mail to:

### HESCH INSTITUTE

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

No refunds after January 21st. Cancellations prior to January 21st will receive a refund, less \$25 for administrative costs. Cancellations after October 29th will receive credit for a future seminar or Distance Learning. In the event of a course cancellation by Hesch Institute, a full refund will be given, or upon request funds can be applied to a future seminar or Distance Learning.