

# THE HESCH METHOD WHOLE-BODY MANUAL THERAPY COURSE

March 06–08, 2026, 9:00 am to 5:00 pm each day, and two 1-hour follow-up webinars.

## WHOLE BODY COURSE OUTLINE

This includes all material from the other courses, such as the Whole-Body, Lumbopelvic/SIJ, and Coccyx courses. The presenter's job is to outline the material to be covered in an organized manner. The instructor also needs to create a balance between theory and hands-on practice to enhance learning and prevent overload/fatigue. The material will be repeated to enhance mastery. The outline, therefore, represents a general roadmap, not an exact timeframe.

All topics include Theory, Literature Review, Medical Screening, Case Studies, Anatomy, Neurology, Biomechanics, Common Mobility-Impairment Patterns, Pain Patterns, Evaluation and Treatment Lab, Self-Treatment, and HEP.

### Day 1: 9:00–5:00

- 1 Foot And Ankle Patterns of Mobility Dysfunction
- 2 Supination Fixation Involving Multiple Joints
- 3 Common Diagnoses
- 4 Rare Patterns
- 5 Knee Joint
- 6 Hip Joint Primary Restrictions

### Day 2: 9:00–5:00

- 1 Review of Day 1
- 2 Sacroiliac Joint
- 3 A Few Less Common Patterns
- 4 Rare Lumbopelvic Patterns Video Links
- 5 Lumbosacral Junction
- 6 Common Diagnoses:
- 7 Rib Cage
- 8 Posterior Rib Cage
- 9 Anterior Rib Cage

### Day 3: 9:00–5:00

- 1 Review of Day 2
- 2 First Rib
- 3 Thoracic Spine
- 4 AA Joint

- 5 Scapula
- 6 Elbow, Forearm, Wrist, and Hand
- 7 C7-T1 Mid and Lower Cervical Spine C3-C7
- 8 Occipito-Atlantal Joint/OA/O-C1
- 9 TMJ
- 10 Scalp, Cranium, Facial Bones
- 11 Bone Deformation, Periosteum, Neuro-Integration
- 12 Contralateral Reflex Therapy for Pain and Joint Laxity from Muscle Inhibition
- 13 Body-Mind Integration: Bone and Joint 3D Meditation
- 14 Resources

### **To Be Scheduled:**

- 1 1st 1-hour Webinar Review (to be scheduled on the last day of the workshop)
- 2 2nd 1-hour Webinar Review to be scheduled on the last day of the workshop