

## Outline

### Friday November 2, 2018

All sections include Theory, Research and Evidence, Evaluation and Treatment Lab, Home Exercise Program

- 8:00 Introduction
- 8:30 Foot and Ankle
- 10:00 Break
- 10:15 Foot and Ankle Continued
- 12:00 Lunch on your own
- 1:00 Knee Joint
- 2:00 Hip
- 3:00 Break
- 3:15 Pelvis/Sacroiliac and Coccyx
- 5:00 Adjourn

### Saturday November 3, 2018

- 8:00 Pelvis/Sacroiliac and Coccyx
- 9:00 Lumbar Spine
- 10:00 Break
- 10:15 Ribcage & Thoracic Spine, C7-T1
- 12:00 Lunch on your own
- 1:00 1st Rib, AC Joint, Scapula
- 2:00 Mid-Cervical, Occipito-Atlantal & Atlanto-Axial Joints
- 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

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PRESENTS:

The Whole-Body  
Hands-On Workshop

## Evidence Based Treatment for the Whole Body: Gentle Effective Manual Therapy



## Mountain View Therapy Services

November 2-3, 2018  
Albuquerque, New Mexico



*"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

## Evidence Based Treatment for the Whole Body: Gentle Effective Manual Therapy

### Course Description

This workshop demystifies manual therapy by reducing linguistic jargon, reducing esoteric and ineffective dogma and bringing simplicity and common sense to manual intervention. It presents gentle, long-lasting techniques, reducing the need for repeat hands-on care which is accomplished within 1-2 visits, lending credibility to the term "less is more". There are many joints in the body that do not respond effectively to Grade V HVLA Manipulation and this course teaches comfort in utilizing more gentle approaches described as low-load long-duration mobilization.

Recent works have brought forth the concept of regional-dependence. For example, the role of thoracic mobilization for the treatment of primary neck pain and motion restriction has lent support to that concept. In a much larger context, the entire body is in fact an integrated whole.

This approach to evaluation and treatment uses a whole-body perspective, and quickly screens all related articulations in a variety of contexts, including relevant symptomatic and asymptomatic segments, with the end goal being to efficiently "connect the dots", and provide effective care. Treatment for chronic restrictions utilizes fundamental properties of connective tissue in conjunction with the nervous system, effectively yielding to gentle sustained forces, providing long-term benefit and lasting patient-satisfaction.

### Objectives

At the conclusion of the workshop, the participants will have integrated competencies in which they can or will:

- Understand the research, clinical science and outcome studies that undergird evaluation and treatment.
- Appreciate and apply the concept of evidence-based practice
- Become comfortable with performing a hands-on evaluation and treatment of common patterns of movement dysfunction throughout the body.
- Identify distal compensations within a whole-body perspective.
- Appreciate joint dysfunction from neuromuscular, arthrokinematic, and reflex-inhibition models.
- Visualize the 3-D nature of complex joints of the body and proficiently perform palpation and spring testing to identify and treat hypomobility and hypermobility.
- Competently evaluate and treat common patterns of symmetrical and asymmetrical dysfunction of the body and prescribe effective exercise, and self-care.

### Additional Information

For questions contact Jerry Hesch  
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Web: [www.heschinstitute.com](http://www.heschinstitute.com)

### Workshop Date & Times

Friday and Saturday November 2-3, 2018  
8:00 am to 5:00 pm

### Location

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

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

Please dress comfortably for lab practice.

## REGISTRATION FORM

### The Whole-Body Hands-On Workshop

**Course Fees:** \$525.00



**Early Bird Discount:** \$495.00  
by October 22nd

**Registration Deadline:** October 29th

**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 \_\_\_\_\_

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### HESCH INSTITUTE

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No refunds after October 29th. Cancellations prior to October 29th 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.