

Course Highlights

Appropriate for all levels of skill for hands-on clinicians, who will gain comfort in treating complex joints such as the upper cervical, the subtalar, rib, AC, SC, etc.

Numerous hands-on laboratory sessions, wherein participants perform as therapist, as patient, and as observer to optimize learning of treatment skills & concepts.

Demystifies manual therapy by appropriately reducing linguistic jargon, reducing esoteric and ineffective dogma and bringing simplicity and common sense to the manual intervention.

Presents gentle, long-lasting techniques, reducing the need for repeat hands-on care which is accomplished within 1-3 visits, lending credibility to the term "less is more."

Teaches self-treatment techniques and provides ample photos and illustration in a user-friendly clinical manual.

Course Objectives

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

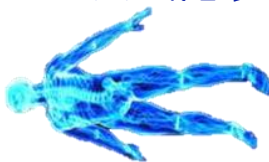
- Integrate fundamental connective tissue properties in manual approaches bypassing "mobilization versus manipulation" paradigms
- Discuss the body of research, clinical science and outcome studies that undergird this method
- Identify distal compensations within a whole body perspective
- Describe joint 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
- Using Clinical Prediction Rules, competently evaluate and treat common patterns of *symmetrical* and *asymmetrical* dysfunction of the whole body and prescribe effective exercise, and self-care
- Recognize that pathomechanics is sometimes an extension of normal mechanics and other times can be unphysiologic, and therefore requires a novel perspective that recognizes the usual and the unusual

"The best workshop/seminar I have attended."

Bruce Eacrett. PT

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"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 Workshop



Demystifying Manual Therapy Intervention for Patterns of Dysfunction Throughout the Body

Presenter:

Jerry Hesch, DPT, MHS, PT

**Orthopedic Associates of Lancaster
Lancaster, Pennsylvania
September 12 & 13, 2015**

A 15-Hour, 2-Day Course for
PTs ♦ PTAs ♦ ATCs ♦ MDs ♦ DOs ♦ DCs ♦ Rolfers

15 CE Hours Approved by FSPT for
ID State Board of Physical Therapy
15 CE Hours Approved by NCBTMB & BOC



"I brought some of my failed cases back and they responded very positively to the Hesch Method."

**Scott Burch, MS, PT
Lumbopelvic Course Instructor**

Whole Body Course Description

Traditionally, joint dysfunction, and dense connective tissue restrictions have been evaluated from the perspective of addressing a patients' primary complaint, that of a symptom-producing dysfunction. If not symptomatic, major joints are typically not evaluated beyond posture and gross motion. Yet 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 work uses the term interregional interdependence to describe how segments that are very distal from each other can be interlinked. For example, treating the subtalar joint can have reflexogenic effects on the C1 spinal segment, a common site of rotational compensation. In essence, for every rotation (or flexion, extension, side bent segment, AP/PA glide, L/R side-glide) that is maintained such as occurs with chronic injury, there is a distal counter-movement fixation. At times, the distal segment becomes symptomatic while the proximal remains relatively silent. Treating the distal can frustrate, whereas identifying the proximal foundational dysfunction can be very rewarding.

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". Treatment for chronic restrictions utilizes fundamental properties of connective tissue, effectively yielding to small sustained forces, going beyond the grades of mobilization and Grade V manipulative thrust paradigms.

"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 patients' unique presentation and facilitates integration of the whole body from foot to head!"

Sheryl Einfalt, MPT

What Makes This Approach Unique?

Our bodies are fairly basic and logical for all their elegance of design. Treatment logically follows in a common-sense straight-forward manner. Over the course of 3 decades, the Hesch Institute has significantly reinterpreted aspects of traditional manual therapy models through the use of contemporary research and tenacious commitment and exploration. The traditional model typically names singular patterns of movement dysfunction. Consistent with how the body functions, group patterns are now identified within a whole-body perspective. 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 with how the body actually behaves, making it much more user-friendly, relevant and effective, in a logical format, eliminating the need for rote memorization.

Additional Information

For questions contact the Hesch Institute

Info@Heschinstitute.com

303-366-9445

Workshop Dates & Times

Saturday & Sunday, September 12 & 13, 2015

8:00 am – 5:00 pm

Course Location

Orthopedic Associates of Lancaster

170 North Pointe Blvd

Lancaster, Pennsylvania 17601

Phone: 717-299-4871

Please dress comfortably for lab practice

"Much less confusing than the traditional manual therapy and muscle energy models. I can apply it right away in the clinic and quickly achieve lasting change."

John Bolin, San Diego, CA

REGISTRATION FORM

Orthopedic Associates September 12 & 13, 2015

Course Fees:

\$475.00 Early Bird registration (before 08/12/2015)

\$525.00 Standard registration

(ask about group discounts for 4 or more)

Please register online at:

www.HeschInstitute.com/registration

Or EMAIL or FAX registration to reserve your slot.

Confirmations are sent upon receipt of registration.

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Title: _____

Facility: _____

Mailing Address: Home or Office

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PAYMENT MUST BE RECEIVED BY 09/07/15

No refunds after 09/07/15. Cancellations prior 09/07/15 will receive a refund, less \$50 for administrative costs. Cancellations after 09/07/15 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.