

## Course Highlights

- Appropriate for all levels of skill for hands-on clinicians, who will gain comfort in treating simple and complex joints throughout the body.
- Numerous hands-on laboratory session.
- Demystifies manual therapy by appropriately reducing linguistic jargon, reducing esoteric and ineffective dogma and brings simplicity and common sense to 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".
- Course manual presents evaluation and treatment, teaches self-treatment techniques, and provides ample photos and illustrations in a user-friendly format.

## Course Objectives

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

- Become comfortable with performing a hands-on evaluation and treatment of common patterns of movement dysfunction throughout the body.
- Understand the research, clinical science and outcome studies that undergird evaluation and treatment.
- Identify distal compensations within a whole-body perspective.
- Appreciate joint dysfunction from a 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.
- Recognize that pathomechanics is sometimes an extension of normal mechanics, while other times can be unphysiologic, and therefore requires a novel perspective that recognizes the usual and the unusual.

My whole practice has changed since taking the Hesch course. Hesch is the most practical and helpful thing I have ever for the pelvis.  
Julie Brouillard Kwong

**Hesch Institute**  
25837 E. Maple Place  
Aurora, CO 80018



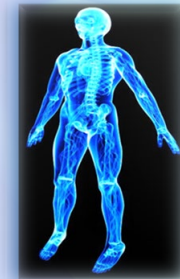
*"The Hesch Method changed my practice. I have used it daily for 15 years."*

- Cara Ogren, DPT

PLEASE SHARE WITH YOUR COLLEAGUES

## HESCH INSTITUTE PRESENTS The Whole-Body Hands-On Workshop

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



**Presenter: Jerry Hesch, DPT,  
North Andover, Massachusetts  
June 8-9, 2019**

**15 – Hours, 2-Day Course  
for PTs, and PTAs  
1.5 CEH Approved by APTAMA**



*"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

For Course Outline please see the Education Tab at [www.HeschInstitute.com](http://www.HeschInstitute.com)

## Course Description

Traditionally, joint dysfunction, and dense connective tissue restrictions have been evaluated from the perspective of addressing a patient's 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", and provide effective care. Treatment for chronic restrictions utilizes fundamental properties of connective tissue, effectively yielding to small sustained forces, providing long-term benefit and lasting patient-satisfaction.

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

*-Scott Burch, MS, PT  
Norfolk, Virginia*

## 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.

## Additional Information

For questions contact the Hesch Institute

Web: [www.heschinstitute.com](http://www.heschinstitute.com)

[Info@Heschinstitute.com](mailto:Info@Heschinstitute.com)

303-366-9445

### Workshop Dates & Times:

Saturday June 08, 2019

7:30 Registration

Course 8:00 am – 5:00 pm

Sunday June 09, 2019

8:00 am – 5:00 pm

### Course Location:

**Orthopedic & Sportsmedicine  
Specialists**

**231 Sutton St. Suite 1**

**North Andover, MA 01845**

*Please dress comfortably for lab practice.*

## REGISTRATION FORM

### The Whole-Body Hands-On Workshop

**Course Fees: \$525.00**



**Early Bird Discount: \$495.00**

**Registration Deadline: June 3, 2019**

**Please register early, workshop  
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.**  
**Fax: 303-366-9998** Confirmation is sent upon receipt of registration.

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

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

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

**Mailing Address:**  Home or  Office

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

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

**Work:** (\_\_\_\_\_) \_\_\_\_\_

**Home:** (\_\_\_\_\_) \_\_\_\_\_

**Cell:** (\_\_\_\_\_) \_\_\_\_\_

**Payment Method:**  Check  Credit Card

**Name on card:** \_\_\_\_\_

**Card #:** \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_

**Billing Address:**  Same as above  CVV \_\_\_\_\_

(if different, please attach)

**Signature:** \_\_\_\_\_

Please make checks payable to Hesch Institute and mail to:

**HESCH INSTITUTE**

25837 E. Maple Place, Aurora, CO 80018

Phone: 303-366-9445 FAX: 303-366-9998

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

**No refunds after June 03. Cancellations prior to that will receive a refund, less \$25 for administrative costs. Cancellations after 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.**