

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 income soared after taking this course because clients refer their friends and family."

Jorge Gonzales, Rolfer, Ft Lauderdale, FL



**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

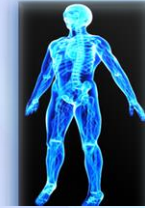
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PRESENTS:

The Whole-Body Hands-On Workshop

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



Location:

Date:

1.5 – Hours, 2-Day Course for:
PTs, and PTAs

1.5 CEU Approved by:
NM Physical Therapy Board



"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

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
Info@Heschinstitute.com
303-366-9445

Workshop Dates & Times:

Saturday & Sunday
8:00 am – 5:00 pm

Course Location:

Please dress comfortably for lab practice.

Suggested Hotel:

REGISTRATION FORM

The Whole-Body Hands-On Workshop

Course Fees: \$000.00



Early Bird Discount: \$000.00

Registration Deadline:

Please register early, workshop is limited

Please register online at:

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

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Email: Info@HeschInstitute.com

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