



## Course Description

While the pain prediction model has research support, it does not yield a systematic integrative treatment model. This workshop fills that void by appropriately emphasizing a systematic approach to the integration of the hip and pelvis, as together they form the foundation of the lumbar spine. The Hesch Method present a unique approach to evaluation which differentiates between micro-intrinsic joint dysfunction and macro-extrinsic movement dysfunction. Therapists consistently report confidence in the clinical application of this evaluation and treatment paradigm. This approach is very efficient and by the third visit the pattern resolution is stable and is easily maintained such that focus can then be directed on overall rehabilitation. Clinicians find this method to be more congruent to how the pelvis actually behaves, making it much more user-friendly, relevant and effective, in a logical format eliminating the need for rote memorization.

## Course Objectives

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

- Analyze the significant limitation of the symmetrical/asymmetrical and alignment theory of SIJD
- Recognize painful and non-painful impairments
- Understand evidence-based practice principles
- Discuss research and theoretical literature
- Identify distal compensations within a whole-body perspective
- Describe joint, neuromuscular, posture and movement models
- Proficiently perform palpation and spring testing and treat hypomobility and hypermobility
- Using Clinical Prediction Rules, competently evaluate and treat common patterns of symmetrical and asymmetrical dysfunction and prescribe effective exercise, and self-care.

## Course Presenter

Jerry Hesch has presented over 100 workshops in the USA, Canada and Europe, and has presented at state, national and international conferences. He has published two book chapters and a book (Amazon.com) on sacroiliac joint dysfunction (SIJD). He is working on a third book chapter on spring recoil articular motion testing. The traditional biomechanical and treatment model of SIJD is based on the osteopathic model fully described in 1958. A new model emerges with some of the appropriate traditional aspects with novel work based on contemporary research and clinical experience. This model typically restores normal movement within three visits after which patients are independent with self-treatment, and can then focus on exercise/rehabilitation. Jerry has discovered twelve patterns of movement dysfunction not described in the traditional model and along with others has developed passive mobility testing as an alternative to gross motion testing, which has poor inter-tester reliability and inappropriately interprets pelvic asymmetry as an intra-articular phenomenon.

## Course Location

## Additional Information

Karin or Jerry Hesch  
Hesch Institute  
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Suggested Hotel

Please dress comfortably for lab.

## Registration Form

### Evidence Based Treatment for the Sacroiliac Joint



Early Bird Discount: \$ .00

Registration Deadline:

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 \_\_\_\_\_

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

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

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Please make checks payable to Hesch Institute and mail to:

### HESCH INSTITUTE

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