

## **THE HESCH INSTITUTE WHOLE BODY COURSE**

The Hesch Institute Whole Body distance learning course is appropriate for all levels of skill. It presents patterns of joint & dense connective tissue dysfunction that are reflected in several regions of the body and teaches identification of the root pattern. The Hesch Institute Whole Body distance learning course includes a 150-page workbook and unlimited video access links.

### **Whole Body Home Study 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.

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.

### **Whole Body Home Study 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.

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### **Whole Body Home Study Objectives**

At the conclusion of the whole body home study 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

## **What Makes This Approach Unique?**

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## **Endorsements**

*"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**

*"The best workshop/seminar I have attended."*  
**Bruce Eacrett, PT**

*"I brought some of my failed cases back and they responded very positively to the Hesch Method."*  
**Scott Burch, MS, PT, Norfolk, VA**

# Return and Refund Policy

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If you are not entirely satisfied with your purchase, we're here to help.

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You have 30 calendar days to return mailed item(s) from the date you received them. To be eligible for a return, your mailed item(s) must be unused and in the same condition that you received them. Your mailed item(s) need to have a copy of your receipt or email confirmation of requested refund in return box. After 30 days purchased product/courses will not be refunded.

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