

DEMYSTIFYING THE PELVIS:

Evidence-Based Treatment of the Sacroiliac Joint



Featuring

Jerry Hesch PT, MHS, PT

Saturday & Sunday, February 22-23, 2020
7:30 a.m. - 5:00 p.m.

Professional PT – Penn Plaza [Inside Blink Fitness]
27 West 30th St., New York, NY 10001

Upon completing this course, participants will be able to:

- Analyze the significant limitations of the symmetrical/asymmetrical and alignment theory of SIJD
- Discuss studies which undergird this method
- 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
- Competently address pathomechanics of the entire pelvis as *separate and distinct from the sacroiliac joint.*

Who should attend?

Physical Therapists, Physical Therapist Assistants and Athletic Trainers.


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COURSE INFO

AGENDA

SATURDAY

7:30 am	Registration
8:00 am	Intro, anatomy, joint mechanics, research, outcome studies, historical perspective
10:00 am	Break
10:15 am	Pelvic Side Glide and Posterior Glide Fixation Hip
10:45 am	Most Common Pattern, Theory
11:30 am	Palpation & Spring testing on anatomical models
12:00 pm	Lunch
1:00 pm	Palpation & Spring testing on lab partners*
3:00 pm	Break
3:15 pm	Treatment Lab*, Q&A
5:00 pm	Adjourn

SUNDAY

8:00 am	Lab review Most Common Pattern
9:30 am	Signs, symptoms, indications & contraindications
10:00 am	Break
10:15 am	Demystifying Sacral Torsion theory & lab*
11:00 am	Upslip, Downslip, Ilium and symphysis pubis, lab*
12:00 pm	Lunch
1:00 pm	Q&A, Lumbosacral mechanics: theory & lab*
2:00 pm	Second Most Common Pattern: theory & lab*
3:00 pm	Break
3:15 pm	Integrating exercise paradigms, patient self-care and education, proper body mechanics
4:00 pm	Detailed review of Most Common Pattern
4:30 pm	Efficiently integrating Hesch Method in the clinic
5:00 pm	Adjourn

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MORE INFORMATION

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PRESENTER BIO



Jerry Hesch, DPT, MHS, PT, For over 35 years, Dr. Jerry Hesch, DPT, MHS, PT of the Hesch Institute has treated individuals suffering from acute & chronic pain from hypomobility and hypermobility/instability from sacroiliac joint dysfunction, and dysfunction in joints throughout the body. Over the course of his career, Dr. Jerry Hesch, DPT, MHS, PT has developed a whole body approach to evaluation and treatment of connective tissues and joint dysfunction known as the Hesch Method.

The goal of the Hesch Method is to provide an alternative to ineffective long-term treatment commonly referred to as the "treatment roller coaster."

REGISTER EARLY, SPACE IS LIMITED!!

\$529 Standard Single Registration

\$479 Early Bird Registration (Ends: February 6, 2020)

\$249 Student Single Registration

\$189 Student Early Bird Reg. (Ends: February 6, 2020)

CEU INFORMATION:

New York Physical Therapists and Physical Therapist Assistants: Professional Seminars, Ltd. is recognized as an approved provider of Physical Therapist and Physical Therapist Assistant continuing education by the New York State Education Department's State Board for Physical Therapy. Full attendance at this Seminar qualifies for **18.0** contact hours in NY (**15.0** credits in NJ).



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