

Outline

WHAT'S NEW IN SACROILIAC JOINT REHAB

- The traditional model vs. the Hesch Method
- Macromotion and micromotion
- What the traditional model misses that the Hesch Method gets right
- Reviewing the evidence: support for the Hesch Method

HANDS-ON LAB: MEDICAL SCREENING FOR PATTERNS OF LUMBOPELVIC-HIP MOTION DYSFUNCTION

Practice today's best evaluation for:

- Hip joint
- Most common pattern of sacroiliac joint dysfunction
- Anterior ilium
- Posterior ilium
- Sacral torsion
- Sciatica
- Pubic joint
- Upslip
- Downslip
- Inflare
- Outflare
- Symmetrical patterns

HANDS-ON LAB: EXPAND YOUR TOOLBOX FOR SIJD PREVENTION AND REHABILITATION

Practice effective techniques you can use immediately to:

- Restore function
- Increase range of motion
- Alleviate chronic pain
- Regain stability and mobility
- Resolve joint hypomobility
- Remove reflex inhibition
- Improve leg length inequality

Objectives

1. Analyze the significant limitation of the malalignment theory of SIJD, and the limitation of the Muscle Energy Model.
2. Evaluate asymmetrical and symmetrical movement dysfunction and effectively intervene.
3. Analyze the traditional model with the Hesch Method.
4. Integrate evidence-based practice in patient care.
5. Demonstrate the principle of regional dependence in providing integrated treatment of the SIJ, pubic joint, hip joint and lumbar spine.
6. Determine painful and non-painful movement impairments.
7. Utilize evidence-based practice principles for evaluation and treatment.
8. Analyze research and theoretical literature related to sacroiliac joint dysfunction.
9. Appraise distal compensations within a whole-body perspective.
10. Analyze joint, neuromuscular, posture, and movement models.
11. Distinguish that micromotion testing has greater relevance than gross motion landmark testing
12. Perform palpation and spring testing and effectively treat hypomobility and hypermobility.
13. Demonstrate self-mobilization making patients independent of manual therapy within 1-3 visits.
14. Evaluate and treat common patterns of symmetrical and asymmetrical dysfunction.
15. Prescribe effective exercise and self-care for patient with SIJD.

HANDS-ON LAB: INCORPORATING MANUAL THERAPY AND EXERCISE FOR BETTER OUTCOMES

Practice combining:

- A simpler model of mobility testing and grading
- Gentle method of joint mobilization
- Home exercise program
- Self-mobilization for the patient

IMPROVE YOUR REIMBURSEMENT RATE

- Coding and billing updates for SIJD rehab
- Justify rehab with the right progress measures and documentation
- Avoid denials and audits with these tips

CASE STUDIES: PUT KNOWLEDGE TO PRACTICE

- Case study 1: Evaluate and treat downslip ilium that presents as upslip
- Case study 2: Reflex connection between the pelvis and the upper cervical
- Case study 3: False positive pelvic instability in pregnancy
- Case study 4: Joint spring test with pudendal neuropathy with coexisting SIJD

BECOME YOUR REGION'S GO-TO SIJD PREVENTION SPECIALIST

- The insider's guide to specialization and professional networking
- Build referrals faster: effectively market your SIJ program

Live Seminar & Webcast Schedule (Both days, time listed in Eastern)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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2-DAY: SACROILIAC JOINT SPECIALIST CERTIFICATION:
INNOVATIVE TREATMENT METHODS FOR EVERY TYPE OF LUMBOPELVIC DYSFUNCTION

Whether your patients’ goals are to return to work, play with their kids or grandkids, or travel the globe, your hard work helps them progress toward their functional goals.
But sacroiliac joint dysfunction, the source of pain for 1 out of 3 patients with back or hip pain, can mimic numerous dysfunctions that frustrate your ability to identify the root of your clients’ problem. In addition, the traditional way to treat focuses on singular patterns of movement dysfunction that yields short-term results instead of truly looking at how the body functions in group patterns for more lasting relief.
You can easily find yourself going down the wrong treatment path, leaving you feeling defeated and worried that your patient will face surgery that could be avoided – and putting their goals even further from reality.

Become a certified Sacroiliac Joint Specialist through the Hesch Institute to regain your confidence and possess mastery in treating the sacroiliac, symphysis pubis, lumbar spine, and hip for faster and lasting results.

Since 1981, Jerry Hesch, DPT, MHS, has treated and taught a unique, evidence-based method that promotes effective manual therapy that lasts, self-treatment care beyond the clinic, and exercises to restore normal strength and movement. By going beyond the alignment model, Dr. Hesch will teach you to develop specific skills in evaluating micromotion dysfunctions that are too subtle to be evaluated visually but require skilled hands-on testing. Mastering this typically restores normal movement within three visits after which patients are independent with self-treatment and can then focus on exercise rehabilitation.

Sign up today and confidently guide your patients back to a pain-free future!

Meet Your Speaker
For over 35 years, Jerry Hesch, DPT, MHS, PT, has specialized in treating individuals suffering from acute and chronic pain from hypomobility and hypermobility/instability from sacroiliac joint dysfunction and dysfunction in joints throughout the body. He started The Hesch Institute for Sacroiliac Treatment, Research, and Education in Aurora, CO to treat patients and educate other therapists in his evidence-based whole-body approach called the Hesch Method. Dr. Hesch’s practical approach is one of the safest, most effective methods you will find that dramatically improves SIJD with brief treatment.
Dr. Hesch has presented over 100 workshops in the USA, Canada, and Europe, including state, national, and international conferences. He has published three book chapters and a book Treating Sacroiliac Joint Dysfunction and Lumbopelvic Pathomechanics. He is working on a third book chapter on spring-recoil articular motion testing. He has posted hundreds of videos on his YouTube channel, Jerry Hesch, as a clinician’s resource to restore integrated joint function.
Speaker Disclosure:
Financial: Jerry Hesch is president of Hesch Institute. He receives a speaking honorarium from PESI, Inc.
Non-financial: Jerry Hesch is a member of the American Academy of Orthopaedic Manual Physical Therapists.

Target Audience:
Physical Therapists • Physical Therapist Assistants • Occupational Therapists • Occupational Therapy Assistants • Massage Therapists • Athletic Trainers • Certified Strength and Conditioning Specialists • Exercise Physiologists • Chiropractors • Personal Trainers

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Physical Therapists & Physical Therapist Assistants: This activity consists of 12.5 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

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