

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 Schedule

(Both days)

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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Brookfield, WI
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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

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

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

Athletic Trainers: PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 12.5 hours of Category A continuing education.

Exercise Physiologists: ASEP members will earn 10 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

Personal Trainers: This course has been submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

Massage Therapists: PESI, Inc. is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #1808. This course is offered for 12.5 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

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.

Wisconsin Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Wisconsin Physical Therapy Association. Credit is pending.

Other Professions: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

For all credit approvals and details, visit: www.pesirehab.com/express/85835

SIGN UP TODAY! 2-Day Sacroiliac Joint Specialist Certification

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BECOME CERTIFIED!

Show your clients and peers that you have what it takes to address sciatica, low back, pelvic girdle, and hip pain and resume normative function. Certification allows the use of the acronym HSIP (Hesch Sacroiliac Practitioner) after one’s name.

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If you are not satisfied, please contact our customer service team at www.pesirehab.com/info or 800-726-3888 and we will make it right.

Questions? Visit our FAQ page at www.pesirehab.com/faq or contact us at www.pesirehab.com/info.

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