

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!

Objectives

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

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 Disclosures:

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.

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2-Day

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Innovative Treatment Methods for Every Type of Lumbopelvic Dysfunction



DOWNERS GROVE, IL
July 25-26, 2020

LIVE WEBCAST
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2-Day

Sacroiliac Joint Specialist Certification

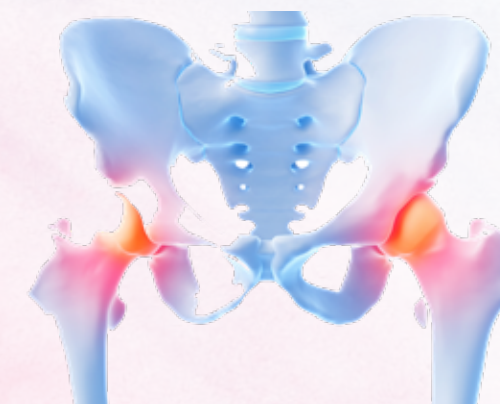
Innovative Treatment Methods for Every Type of Lumbopelvic Dysfunction

✓ **Quickly restore strength and range of motion within 3 visits**

✓ **Learn proven techniques** to eliminate chronic pain and protracted movement impairments

✓ **Master effective techniques** for low back and pelvic girdle pain, sciatica, hip pain, inguinal pain, and more

✓ **Become the go-to resource** for low back, hip and sacroiliac patients in your facility



DOWNERS GROVE, IL
Saturday & Sunday
July 25-26, 2020

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**Become
Certified!**
Details Inside



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: EXPALND 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

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



Core of the Matter

Releasing the Iliopsoas and Quadratus Lumborum DVD

The Core of the Matter delves deeply into two muscles that play a profound role in low back and pelvic stability. The DVD gives you the tools and strategies to restore power, ease, and fluidity to the low back and pelvis. When these muscles becomes unable to perform their stabilizing duties due to injuries, poor posture, extended stints of sitting, or stress, they can alter the bio-mechanics of the pelvis and lumbar, thoracic and even cervical vertebrae. Discover gentle, effective, and new deep tissue protocols for releasing these muscles using Peggy’s original and innovative Muscle Swimming approach. Also included is a comprehensive client education section that includes stretches and strengthening exercises for the low back and hips.



RockBlade IASTM Starter Kit

Incorporate radically different IASTM treatments into your practice with the 3-in-1 RockBlade Mohawk tool. You will be impressed by wide range of treatment options that this one precision-crafted stainless-steel tool & it’s unique attachments provide. Use this revolutionary system along with the RockSauce Fire and RockSauce Ice for powerful muscle & joint pain relief and increased mobility.

More info and resources at www.pesirehab.com

Course & Webcast Schedule (Time in Central)

Saturday, July 25th

7:00 Registration/Morning Coffee & Tea
7:30 Program begins
11:50-1:00 Lunch (on your own)
3:30 Program ends

Sunday, July 26th

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.

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

Hassle-Free Cancellation Policy:
If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



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PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**



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Questions?

Visit our FAQ page at pesirehab.com/faq or contact us at [pesirehab.com/info](mailto:info@pesirehab.com)

Live Course 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" on this brochure 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@pesirehab.com or 800-844-8260 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 profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab 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 10.0 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 approved by the National Academy of Sports Medicine (NASM-BOC) for 1.25 CEUs. PESI, Inc. Provider Number is 544.

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.

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Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on July 25-26, 2020, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesirehab.com/webcast/83001

BECOME CERTIFIED!

To be certified by the Hesch Institute at the end of the workshop, participants must complete a post-test exam and achieve a score of 75 or above to gain their certification. A link to the exam will be sent to each participant via email once the course is complete. Certification allows the use of the acronym HSIP (Hesch Sacroiliac Practitioner) after one's name.



REGISTRATION FORM

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

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\$439.99 – choose one of the options below:

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesirehab.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesirehab.com/coord for availability and job description, first come, first serve.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students (on live seminar and live video webcast tuition). **Advance online registration required.**

QUESTIONS

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