

Syllabus for Hendrickson Method® Training: Advanced

Instructors: Dr. Tom Hendrickson and Staff
Berkeley, CA

In 2008: Sept 27-29, November 1-3, November 22-24
Continuing in 2009: January 3-5, Feb. 7-10 (extra day!),
March 7-9, April 18-20, May 9-11, May 30-June 1

This syllabus is a typical outline of the course materials. The sequence and rhythm of presentation may vary from session to session. Hendrickson Method: Advanced students participate in lectures with Essentials Students. Advanced Students will experience a deepening of their understanding and practice, and will be responsible for any and all material previously covered in Essentials or Advanced trainings when written or oral quizzes are given. **The exam schedule (final and/or midterm) is negotiated on a yearly basis and will be communicated to students by the instructor.**

Weekend 1 (Sept. 27-29, 2008): Science of Massage

1. A deepening of the theoretical foundations of Hendrickson Method® including discussion of the zero point field and electromagnetic healing
2. The science of ocean waves and the importance of re-establishing rhythmic waves within the body
3. Anatomy, physiology and neurosensory role of a joint capsule, its injury and dysfunction and protocols for therapy
4. The two types of cartilage in a synovial joint; what types of injuries and dysfunctions occur and what are the implications for the therapist
5. The anatomy and physiology of the motor nerves and muscle spindles that supply each muscle, and the length and tension relationship
6. Deepening insights of Lauren Berry and Vladimir Janda
7. The physiological effects of joint mobilization
8. Understanding the five functional grades of tendonitis and three grades of ligament sprain
9. Essentials of pathology. Pain in the body, and how to differentiate between problems of function and pathological problems that require a referral
10. Wave mobilization®- and Neuromuscular re-education
11. Deepening the practice of wave mobilization through energy exercises and techniques of energy healing
12. Deepening the practice of learning to use chi, (internal energy), in your massage, and how to make your massage work even more effortless
13. Corrections in body mechanics and ergonomics, including the efficient use of the body's mass to minimize the use of the hands
14. The fundamentals of kinesiology and its applications to joint mobilization and neuromuscular reeducation
15. The indications and contraindications of neuromuscular reeducation (muscle energy technique (MET) and advanced methods of MET to help restore normal range of motion in the joints

16. Supervised instruction in wave mobilization and muscle energy technique and review of pathological conditions in which these techniques are contraindicated
17. Review of scientific foundations of massage, mobilization, and neuromuscular re-education and supervised practice of techniques

Weekend 2 (Nov. 1-3, 2008): Lumbosacral and Thoracic Spine

1. Written test on previous week-end's material plus questions on material from Essentials training
2. Anatomy and physiology of lumbosacral and thoracic spine
3. Lower crossed syndrome and patterns of strength and weakness
4. Kinesiology of trunk motion
5. Demonstration and practice of how to rehydrate a degenerated intervertebral disc, and how to help to promote healthy repair of a sprain of the facet joint capsule
6. Theoretical effects of wave mobilization on the thoracic intervertebral discs
7. Eight factors predisposing to dysfunction and injury
8. Dysfunction and injury of the costovertebral joint and the implications
9. Supervised practice of wave mobilization and MET
10. Review and Practice of MET and wave mobilization for the thoracic region

Weekend 3 (Nov. 22-24, 2008): Cervical Spine and Shoulder

1. Written test on previous week-end's material plus on any material previously presented in the Advanced and Essentials course
2. Anatomy, physiology of cervical spine and shoulder
3. Kinesiology of cervical motion, and gleno-humeral and scapulothoracic joints
4. The most common causes of dysfunction and injury to the facets of the cervical spine and arthritis in the cervical spine
5. The brachial plexus and the myotomes of the cervical spine
6. Review of pathology, signs and symptoms of disc herniation and contraindications
7. Demonstration and supervised practice of MET and wave mobilization
8. The factors which predispose the client to shoulder pain and common tightness/weakness patterns of the shoulder complex
9. The common causes of referral into the shoulder region and how to differentiate them from local conditions
10. Supervised practice of advanced techniques of MET and wave mobilization for the shoulder
11. Supervised practice of MET and wave mobilization strokes

Weekend 4 (January 3-5, 2009): Hip and Knee

1. Written test on previous week-end's material plus on any material previously presented in the Advanced and Essentials course
2. Anatomy and physiology of the hip and knee
3. Kinesiology of the hip and knee

4. Differentiation of the basic differences between a bursitis, capsulitis, and arthritis
5. Supervised practice of advanced techniques of MET and wave mobilization of the hip and knee, mobilization of the joints
6. The analysis of the functions of the ligaments and cartilage of the knee
7. Review and Practice of MET, joint mobilization, and wave mobilization strokes

Weekend 5 (Feb. 7-10, 2009- EXTRA DAY!): Leg, Ankle, Foot, Elbow, Wrist, and Hand

1. Written test on previous week-end's material plus on any material previously presented in the Advanced and Essentials course
2. Anatomy and physiology of the leg, ankle, foot and elbow, wrist, and hand
3. Kinesiology of the leg, ankle, foot and elbow, wrist, and hand
4. Discussion of the factors which predispose the leg, ankle, and foot to pain
5. The muscles that attach to the joint capsule of the elbow, and describe their function, and the therapy to the ligaments and joint capsule of the elbow
6. The causes of degenerative arthritis and what happens to the soft tissue and cartilage in arthritis and the therapy protocol for arthritis of the hand
7. Supervised practice of advanced MET, joint mobilization and wave mobilization

Weekend 6 (Mar. 7-9, 2009): Lumbosacral and Thoracic Spine: Level 2

1. Written test on previous week-end's material plus on any material previously presented in the Advanced and Essentials course
2. Anatomy, physiology, and kinesiology of the lumbosacral and thoracic spine
3. Differential assessment of sciatica and how to differentiate nerve root pain from somatic referred pain from the muscles, ligaments, and joints
4. Review of pathology related to the low back
5. The most common disc condition of the thoracic spine
6. Muscle imbalances and therapy implications related to scoliosis
7. Assessment of the thoracic spine, and how to differentiate between conditions which refer into the thoracic spine and local conditions
8. Supervised practice of advanced MET, joint mobilization wave mobilization
9. Review and supervised practice of assessment, MET, joint mobilization, and wave mobilization strokes

Weekend 7 (Apr. 18-20, 2009): Cervical Spine and Shoulder: Level 2

1. Written test on previous week-end's material plus on any material previously presented in the Advanced and Essentials course
2. Anatomy, physiology, and kinesiology of the cervical spine, shoulder, and temporomandibular joint

3. The two fundamental types of referred pain, and differentiation between a disc herniation and disc degeneration
4. Six predisposing factors to shoulder pain
5. Differential assessment
6. Supervised practice of advanced MET and wave mobilization strokes
7. Review and supervised practice of assessment of the shoulder, advanced MET, joint mobilization, and wave mobilization strokes

Weekend 8 (May 9-11, 2009): Hip and Knee: Level 2

1. Written test on previous week-end's material plus on any material previously presented in the Advanced and Essentials course
2. Anatomy, physiology, and kinesiology of the hip and knee
3. Discussion the common entrapment sites for the genitofemoral nerve, femoral, obturator, and lateral femoral cutaneous nerves
4. Assessment and therapy
5. How to differentiate between anteverted and retroverted hip
6. Symptoms and assessment findings of an injury to the meniscus and Hendrickson Method therapy for this condition
7. Supervised practice of advanced MET and wave mobilization

Weekend 9 (May 30-Jun. 1, 2009): Leg, Ankle, Foot, Elbow, Wrist, and Hand: Level 2

1. Written test on previous week-end's material plus on any material previously presented in the Advanced and Essentials course
2. Anatomy, physiology, and kinesiology of the leg, ankle, foot and elbow, wrist and hand
3. The myotomes of the leg, ankle, foot and how do you differentiate peripheral nerve entrapment in the leg, ankle, foot from irritation generated by lumbosacral nerve root irritation
4. Therapy protocol for nerve entrapment
5. Discussion of: hallux valgus, and arthritis of the great toe and appropriate therapy for these conditions; post-traumatic injuries of the elbow, wrist and hand and the therapy for a healed Colle's fracture and arthritis of the thumb
6. Assessment of the leg, ankle, and foot
7. Differential assessment of the elbow, wrist and hand to rule out referral from the cervical spine
8. Supervised practice of advanced MET, joint mobilization, and wave mobilization. Review and supervised practice of assessment, advanced MET, joint mobilization, and wave mobilization.