Syllabus for Hendrickson Method® Training: Essentials

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. **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): Soft Tissue, The Nervous System, and Wave Mobilization®

1. The theoretical foundations of Hendrickson Method.
2. Anatomy and physiology of connective tissue, including the neurosensory role of connective tissue
3. The insights of Lauren Berry and the concepts of positional dysfunction
4. Impaired neurological function in soft tissue-the work of Vladimir Janda
5. Soft tissue: mechanism of and reactions to dysfunction and injury, pain and differentiation from joints and nervous system
6. Stages of inflammation and repair
7. Treatment protocol for acute, sub-acute, and chronic phases of injury
8. Lecture on the nervous system
9. Wave Mobilization – a new form of manual therapy: Tai chi and the study of ocean waves, learning to use chi
10. Instruction in body mechanics and ergonomics
11. The science and practice of muscle energy technique (MET) and how to re-educate the nervous system.
12. Review and Practice of wave mobilization, MET and Hendrickson Method for the lumbar spine

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

1. Written test on previous week-end's material
2. Anatomy of lumbosacral region, including major bony landmarks, the muscles and ligaments of the trunk, and kinesiology of trunk motion
3. Differential sighs and symptoms of low back pain (LBP)
4. Six common types of low back pain including muscles strains, herniated discs, and arthritis
5. Demonstration and practice of MET and 21 strokes of Hendrickson Method for LBP
6. Anatomy of bony landmarks and thoracic musculature
7. Four most common lesions of the thoracic spine including rib strains, hypomobility syndrome, and subluxations
8. Review, Demonstration, and practice of Hendrickson Method and MET

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

1. Written test on previous week-end's material
2. Anatomy of bony landmarks and eleven cervical muscles, and kinesiology of cervical motion
3. Five most common soft-tissue lesions, including whiplash
4. Demo and practice of MET and 16 strokes of Hendrickson Method, including mobilization of the cervical spine, and advanced treatment for whiplash, and 15 strokes for the shoulder
5. Anatomy of bony landmarks and 13 muscles of the shoulder
6. Kinesiology of gleno-humeral and scapulo-thoracic joints
7. Eight common lesions of the shoulder including bicipital tendinitis, and the most common rotator cuff injury, supraspinatus tendonitis
8. Demo, review, and practice of MET and Hendrickson Method Strokes

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

1. Written test on previous week-end's material
2. Anatomy of bony landmarks knee and 20 muscles of the hip
3. Kinesiology of the hip and knee
4. Eight common lesions of the hip including arthritis, psoas tendinitis, and snapping hip syndrome
5. Eight common lesions of the knee including patellar tracking dysfunction, chondromalacia patellae, and anterior cruciate ligament injuries
6. Demo, review, and practice of MET, Hendrickson Method strokes, and mobilization of the knee.

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

1. Written test on previous week-end's material
2. Anatomy of bony landmarks and kinesiology of the ankle, foot, elbow, wrist, and hand
3. Eight common lesions, including carpal tunnel syndrome
4. Demo, review, and practice of MET, Hendrickson Method strokes, and mobilization

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

1. Written test on previous week-end's material
2. Anatomy through palpation and isometric testing of origins and insertions of lumbosacral musculature
3. Assessment of the lumbosacral spine, and how to differentiate between six common low back complaints, and 14 new Hendrickson Method strokes for lumbosacral spine
4. Anatomy through palpation and isometric testing, including emphasis on the seven layers of muscles and angle of the fibers of the thoracic spine
5. Assessment of the thoracic spine, and how to differentiate between soft tissue and joint problems, and 20 new Hendrickson Method strokes for thoracic spine

6. Review and Practice of Assessment and Hendrickson Method Strokes

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

1. Written test on previous week-end's material
2. Anatomy of suprahyoid, infrahyoid, prevertebral, and TMJ muscles
3. Assessment of the cervical spine and TMJ
4. Demo and practice of 15 new Hendrickson Method strokes
5. Anatomy of shoulder muscle origin and insertions through palpation and isometric testing
6. Assessment of the shoulder, and 23 new Hendrickson Method strokes for the shoulder
7. Review and Practice of Assessment and Hendrickson Method strokes

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

1. Written test on previous week-end's material
2. Anatomy of the hip musculature through palpation and isometric testing
3. Discussion of 6 additional lesions including capsulitis
4. Assessment of the hip, and how to differentiate between degeneration and soft tissue problems, and 20 new Hendrickson Method strokes for the hip
5. Anatomy of the muscles and ligaments of the knee through palpation and isometric testing
6. Six additional lesions including coronary ligament lesions
7. Assessment of the knee and 20 additional Hendrickson Method strokes
8. Review and Practice of Assessment and Hendrickson Method Strokes

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

1. Written test on previous week-end's material
2. Anatomy through palpation and isometric testing of origins and insertions of leg, ankle, and foot musculature and ligaments, and elbow, wrist, and hand
3. Discussion of eight additional lesions.
4. Assessment of the leg, ankle, foot, elbow, wrist, and hand, and additional Hendrickson Method strokes, including mobilization of the elbow and hand
5. Review and Practice of Assessment and Hendrickson Method Strokes.