Syllabus for Hendrickson Method® Training: Advanced

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Note: The first weekend is taught by Dr. Hendrickson. For all other weekend classes, Dr. Hendrickson will teach the Monday Class, "Clinical Applications of Hendrickson Method", which is part of the 200 Hour Essentials and 400 Hour Advanced training.

Dates and Times for Advanced Training 2011-2012

2011: September 17-19, October 15-17, November 12-14, December 10-12
2012: January 14-16, February 11-14 (extra day), March 10-12, April 14-16, May 12-14

Saturday and Sunday from 9:30am – 5:30pm
Monday from 9:00am – 5:30pm

This syllabus is a typical outline of the course materials. A detailed syllabus is given each weekend of class. The sequence and rhythm of presentation may vary from session to session. Fundamentals, Essentials and Advanced students attend the same lectures, and are divided into separate groups for practice.

Monthly quizzes are given on the Monday morning of each weekend training. Quizzes may include questions from any previous class. The final practical exam is given on the final weekend.

Weekend 1 (Sept. 12-14): 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 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. 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 reeducation and supervised practice of techniques

Weekend 2 (Oct. 17-19): Lumbosacral and Thoracic Spine
1. Anatomy and physiology of lumbosacral and thoracic spine
2. Lower crossed syndrome and patterns of strength and weakness
3. Kinesiology of trunk motion
4. 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. 14-16): Cervical Spine and Shoulder
1. Anatomy, physiology of cervical spine and shoulder
2. Kinesiology of cervical motion, and gleno-humeral and scapulothoracic joints
3. The most common causes of dysfunction and injury to the facets of the cervical spine and arthritis in the cervical spine
4. The brachial plexus and the myotomes of the cervical spine
5. Review of pathology, signs and symptoms of disc herniation and contraindications
6. Demonstration and supervised practice of MET and wave mobilization
7. The factors which predispose the client to shoulder pain and common tightness/weakness patterns of the shoulder complex
8. The common causes of referral into the shoulder region and how to differentiate them from local conditions
9. Supervised practice of advanced techniques of MET and wave mobilization for the shoulder
10. Supervised practice of MET and wave mobilization strokes

Weekend 4 (Dec. 12-14): Hip and Knee

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

Weekend 5 (Jan. 2-4, 2010): Leg, Ankle, Foot, Elbow, Wrist, and Hand

1. Anatomy and physiology of the leg, ankle, foot and elbow, wrist, and hand
2. Kinesiology of the leg, ankle, foot and elbow, wrist, and hand
3. Discussion of the factors which predispose the leg, ankle, and foot to pain
4. Treatment for the joint capsule and ligaments and of the elbow, wrist and hand, including trigger finger
5. 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
6. Supervised practice of advanced MET, joint mobilization and wave mobilization

Weekend 6 (Feb. 6-9): Lumbosacral and Thoracic Spine: Level 2

1. Anatomy, physiology, and kinesiology of the lumbosacral and thoracic spines
2. Differential assessment of sciatica and how to differentiate nerve root pain from somatic referred pain from the muscles, ligaments, and joints
3. Review of pathology related to the low back
4. Advanced treatment for hypomobility of the thoracic spine
5. Muscle imbalances and therapy implications related to scoliosis
6. Assessment of the thoracic spine, and how to differentiate between conditions which refer into the thoracic spine and local conditions
7. Supervised practice of advanced MET, joint mobilization wave mobilization
8. Review and supervised practice of assessment, MET, joint mobilization, and wave mobilization strokes

Weekend 7 (Mar. 13-15): Cervical Spine and Shoulder: Level 2

1. Anatomy, physiology, and kinesiology of the cervical spine, shoulder, and temporomandibular joint
2. The two fundamental types of referred pain, and differentiation between a disc herniation and disc degeneration
3. Six predisposing factors to shoulder pain
4. Differential assessment between pain arising from the cervical spine into the shoulder and pain arising from the shoulder itself.
5. Supervised practice of advanced MET and wave mobilization strokes
6. Review and supervised practice of assessment of the shoulder, advanced MET, joint mobilization, and wave mobilization strokes

Weekend 8 (Apr. 17-19): Hip and Knee: Level 2

1. Anatomy, physiology, and kinesiology of the hip and knee
2. Discussion the common entrapment sites for the genitofemoral nerve, femoral, obturator, and lateral femoral cutaneous nerves
3. Assessment of the hip and knee
4. How to differentiate between anteverted and retroverted hip
5. Symptoms and assessment findings for injuries to the meniscus, ligaments, and myofascia surrounding the joint and Hendrickson Method therapy for these conditions
6. Supervised practice of advanced MET and wave mobilization

Weekend 9 (May 15-17): Leg, Ankle, Foot, Elbow, Wrist, and Hand: Level 2

1. Anatomy, physiology, and kinesiology of the leg, ankle, foot and elbow, wrist and hand
2. 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
3. Therapy protocol for nerve entrapment
4. 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
5. Assessment of the leg, ankle, and foot
6. Differential assessment of the elbow, wrist and hand to rule out referral from the cervical spine
7. Supervised practice of advanced MET, joint mobilization, and wave mobilization.