

## **Syllabus for Hendrickson Method® Training: Fundamentals**

Instructors: First weekend is taught by Dr. Tom Hendrickson, and all other weekend classes are taught by Giles Gamble and Frank Haseloff

**Note: The 200 Hour Essentials and 400 Hour Advanced Classes include a Monday Class, “Clinical Applications of Hendrickson Method”, which will be taught by Dr. Hendrickson**

### **Dates and Times for Fundamentals Training 2011-2012**

2011: Sept 17-18, October 15-16, November 12-13, December 10-11

2012: January 14-15, February 11-12, March 10-11, April 14-15, May 12-13

All classes meet Saturday and Sunday from 9:30am – 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. Take home quizzes are given each month to Fundamentals students.

### **Weekend 1 (Sept. 17-18): The Three Treatment Modalities of Hendrickson Method: Wave Mobilization®, Muscle Energy Technique, and Joint 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 and the concepts 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. Wave Mobilization – a new style of soft tissue mobilization: Tai chi and the study of ocean waves, learning to use chi
9. Instruction in body mechanics and ergonomics
10. The science and practice of Muscle Energy Technique (MET) and how to re-educate the nervous system.
11. Joint mobilization, and the arthrokinetic reflex

### **Weekend 2 (Oct. 15-16): Lumbosacral and Thoracic Spine**

1. Anatomy of lumbosacral region, including major bony landmarks, the muscles and ligaments of the trunk, and kinesiology of trunk motion
2. Differential signs and symptoms of low back pain (LBP)
3. Six common types of low back pain including muscles strains, herniated discs, and arthritis
4. Demonstration and practice of Hendrickson Method for LBP
5. Anatomy of thoracic region
6. Four most common lesions of the thoracic spine including rib strains, hypomobility syndrome, and subluxations

### **Weekend 3 (Nov. 12-13): Cervical Spine and Shoulder**

1. Anatomy of bony landmarks and eleven cervical muscles, and kinesiology of cervical motion
2. Five most common soft-tissue lesions, including whiplash
3. Demo and practice of MET, Wave Mobilization, and Joint Mobilization, including mobilization of the cervical spine, and advanced treatment for whiplash
4. Anatomy of bony landmarks and muscles of the shoulder
5. Kinesiology of gleno-humeral and scapulo-thoracic joints
6. Eight common lesions of the shoulder including bicipital tendinitis, and the most common rotator cuff injury, supraspinatus tendonitis
7. Demo and practice of Hendrickson Method for the Shoulder

### **Weekend 4 (Dec. 10-11): Hip and Knee**

1. Anatomy of bony landmarks knee and the muscles of the hip
2. Kinesiology of the hip and knee
3. Eight common lesions of the hip including arthritis, psoas tendinitis, and snapping hip syndrome
4. Eight common lesions of the knee including patellar tracking dysfunction, chondromalacia patellae, and anterior cruciate ligament injuries
5. Demo and practice of MET, Wave Mobilization, and Joint Mobilization for the knee.

### **Weekend 5 (Jan. 14-15, 2012): Leg, Ankle and Foot; Elbow, Wrist, and Hand**

1. Anatomy of bony landmarks and kinesiology of the leg, ankle, foot, and the elbow, wrist, and hand
2. Patterns of injury and dysfunction of the leg, ankle, foot, and the elbow, wrist, and hand
3. The common lesions of the leg, ankle, foot, and the elbow, wrist, and the elbow, wrist and hand
4. Demonstration and practice of MET, Wave Mobilization and Joint Mobilization

**Weekend 6 (Feb. 11-12): Lumbosacral and Thoracic Spine: Level Two**

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

**Weekend 7 (Mar. 10-11): Cervical Spine and Shoulder: Level Two**

1. Anatomy of suprahyoid, infrahyoid, prevertebral, and TMJ muscles
2. Assessment of the cervical spine and TMJ
3. Demo and practice of 15 new Hendrickson Method strokes
4. Anatomy of shoulder muscle origin and insertions through palpation and isometric testing
5. Assessment of the shoulder, and 23 new Hendrickson Method strokes for the shoulder
6. Demonstration and Practice of Assessment and Hendrickson Method treatment for the cervical spine and shoulder

**Weekend 8 (Apr. 14-15): Hip and Knee: Level Two**

1. Anatomy of the hip musculature through palpation and isometric testing
2. Discussion of 6 additional lesions including capsulitis
3. Assessment of the hip, and how to differentiate between degeneration and soft tissue problems, and 20 new Hendrickson Method strokes for the hip
4. Anatomy of the muscles and ligaments of the knee through palpation and isometric testing
5. Lecture on six additional lesions including coronary ligament fibrosis
6. Assessment of the knee and 20 additional Hendrickson Method strokes
7. Demonstration and Practice of Assessment and Hendrickson Method treatment for the hip and knee

**Weekend 9 (May 12-13): Leg, Ankle, and Foot; Elbow, Wrist, and Hand: Level Two**

1. Anatomy through palpation and isometric testing of origins and insertions of leg, ankle, foot and elbow, wrist, and hand musculature, nerves and ligaments
2. Discussion of eight additional lesions for the leg, ankle, foot, and elbow, wrist and hand.
3. Assessment of the leg, ankle, foot, and elbow, wrist, and hand,
4. Demonstration and Practice of Assessment and Hendrickson Method treatment.