



Hendrickson Method[®]

**MASSAGE &
MANUAL THERAPY**

with Dr. Tom Hendrickson

“That which is most yielding eventually
overcomes what is most resistant.”

—Lao Tzu

Welcome. I am honored to have the opportunity to introduce you to my life’s work. I’ve spent the last 35 years developing Hendrickson Method®, which I believe is the most efficient and effective treatment for the vast majority of musculoskeletal pain and dysfunction. Through these DVDs I will teach you the techniques that I successfully use in my clinical practice. As you study the DVDs and my book *Massage and Manual Therapy for Orthopedic Conditions* (Lippincott Williams & Wilkins, 2009), you will learn how to reduce pain and restore optimum function in your client’s musculoskeletal system. Moreover, you will be offered a rare opportunity to learn a method of treatment that is both relaxing and energizing to perform. This will help ensure that you have a long and healthy career in the healing arts.

I encourage you to be patient with yourself as you learn these techniques. For those of you who follow my instructions exactly, you will be amazed at the results you will achieve, even as a beginner.

Wishing you great success,



Tom Hendrickson, D.C.

HOW TO VIEW THESE DVDS

It is important to first view DVD 1, Chapter 1, “The Theory and Science of Massage and Manual Therapy,” followed by Chapter 2, “Assessment and Technique,” before viewing the other chapters. Chapter 1 teaches you the scientific background that explains how and why Hendrickson Method works. Chapter 2 shows you how to perform the three treatment modalities that comprise Hendrickson Method. Chapters 1 and 2 will ground you in the fundamentals needed in order to proceed to Chapters 3–10 where you will learn how to apply Hendrickson Method to each region of the body.

The most effective way to view these DVDs is with a colleague so that you can practice the techniques on each other. It’s best to view one technique and practice it until you are comfortable with it, before moving on to the next. Repeat and review as needed.

THE THREE TREATMENT MODALITIES OF HENDRICKSON METHOD

Soft Tissue Mobilization—Wave mobilization® is the name of a new style of soft tissue mobilization (massage) that I created. It rhythmically mobilizes the soft tissue transverse to the fiber in a rounded, scooping motion. Wave mobilization strokes penetrate deep within the body, inducing profound relaxation, pain relief, and restoration of function.

Muscle Energy Technique (MET)—MET is a method of manual therapy in which the client provides active resistance to the therapist's pressure. Osteopaths, chiropractors, and physical therapists have used this technique successfully for decades. The active participation of the client with the therapist can change neurological patterns that improve proprioception, soft tissue and joint function, and dramatically change chronic pain patterns.

Joint Mobilization—Joint mobilization is a form of passive joint movement. When passive movement to the joints is induced, it helps reduce swelling and pain, decreases muscle spasms, provides lubrication and nutrition to the joint, and can be profoundly relaxing. As the joints are a primary source of pain and disability, joint mobilization is essential to optimum care for musculoskeletal pain and dysfunction.

These three modalities can be applied to every type of musculoskeletal pain. The dose of the technique varies greatly from slow movements and light pressures for acute conditions, to stronger pressures and deeper amplitude mobilizations for chronic problems. Each aspect of the treatment also serves as an assessment to determine the level of pain, whether muscles are hypertonic or weak, and whether joints are hypomobile or hypermobile. Hendrickson Method follows the philosophy of "treating what we find when we find it".

FOLLOW THE INSTRUCTIONS PRECISELY

In DVD chapters 3–10, the soft tissue mobilization strokes and joint mobilizations are presented in a specific sequence. Following the sequence allows you to scan and treat the body methodically, focusing treatment where it is needed the most. In order to achieve the most successful clinical outcome, it is important to “follow the recipe,” doing the strokes precisely how they are described and in the order demonstrated. The MET techniques demonstrated in chapters 3–10 are shown together on the DVD and in the book for teaching purposes only. When you give a treatment, you will intersperse the METs with both soft tissue mobilization strokes and joint mobilizations. Refer to “Treatment Guidelines” in Chapter 2 of my textbook for detailed instructions in the application of these techniques.

THE DIFFERENCE BETWEEN LEVEL I AND LEVEL II

The Soft Tissue Mobilization techniques are divided into two sections: Level I and Level II. Level I Soft Tissue Mobilization strokes are designed for every client. They have a wide range of use—from acute injuries to chronic degeneration. They will enhance health and bring the body to optimum performance. Level II Soft Tissue Mobilization strokes are typically applied after Level I strokes have been used. They are more advanced techniques and are typically designed for chronic conditions.

GUIDELINES FOR TREATING ACUTE AND CHRONIC CONDITIONS

Acute: The primary intentions of treatment for clients with acute conditions are to decrease pain and swelling as quickly as possible, to maintain as much pain-free joint motion as possible, and to induce relaxation. In Hendrickson Method, MET is used first in acute conditions to provide a gentle pumping action to reduce the swelling and decrease the pain. Then soft tissue mobilization strokes are performed with a very gentle touch, a very slow rhythm, and small amplitude. Body rocking and joint mobilizations also are performed very gently and slowly. There is no uniform dose or depth of treatment. The depth of treatment is based on your client's condition. If the soft tissue does not begin to relax, use more METs to help reduce discomfort, swelling and excessive muscle tension. Intersperse your soft tissue work with METs. Remember that stretching is contraindicated in acute conditions.

Chronic: The typical intentions of treatment for most clients with chronic conditions are to reduce hypertonicity in muscles, dissolve adhesions in periarticular soft tissue (ligaments, tendons and joint capsule surrounding the joint), restore normal function in inhibited or weak muscles, unwind the torsion in the soft tissue, re-hydrate the cartilage, re-establish normal joint play and range of motion, and restore normal neurological function. The soft tissue mobilization strokes can be performed with stronger pressure

and joint mobilizations can have more amplitude. The Level II sequence of strokes is designed for work on attachment points, which is helpful for chronic conditions.

However, some patients in chronic pain have unstable joints, weak, deconditioned muscles, and weakened or atrophied ligaments and capsular tissues. These patients need exercise rehabilitation. Deep soft tissue strokes and large amplitude joint mobilizations are contraindicated. As an adjunct to their exercise program, MET may be used to help re-establish normal nerve function in weakened muscles, and gentle soft tissue and joint mobilizations can help provide pain relief.

A thorough discussion of “Treatment Guidelines” is found in Chapter 2 of my textbook, *Massage and Manual Therapy for Orthopedic Conditions* (LWW, 2009).

THE GOAL OF TREATMENT

Remember that the goal of treatment is to induce relaxation and heal the body, mind, and emotions. Keep your hands soft, your touch nurturing, and only work within the comfortable limits of your client so that he or she can completely relax into the treatment. One of the unique contributions of this method of therapy is that it combines profound relaxation with effective therapy. Relaxation optimizes the healing potential of the body and ensures the most successful outcome.

APPRECIATION

There were many wonderful people who helped make these DVDs possible. I am deeply grateful for their gifts of time and talent and for their support and heartfulness:

Co-Producer: Margaret Trost, who worked closely with me from beginning to end

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Thanks to Sounds in Silence (www.soundsinsilence.com) for their kind permission to use the BabySleep System™ music.

FURTHER TRAINING

The Hendrickson Method Institute offers Certification Trainings and Continuing Education Classes.

For more information visit:

www.hendricksonmethod.com

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DISCLAIMER

These DVDs are intended as an educational resource for massage and manual therapy and are not intended as a substitute for proper instruction by a certified professional. Physical injury could result if the techniques are not performed correctly. Therefore, it is recommended that only certified massage therapists and other health care providers who have had training in anatomy and knowledge of contraindications for massage and manual therapy perform these techniques. Consult your physician or health care provider before any of the techniques described on these videos are performed. These DVDs are for educational purposes only and are not meant to diagnose or treat medical conditions or substitute for medical care. The creators and distributors of these DVDs, Tom Hendrickson, and the Hendrickson Method Institute assume no liability, and expressly disclaim all responsibility, for any liability, loss or injury, personal or otherwise, which is incurred as a consequence, directly or indirectly, from the use or misuse of the information or techniques presented in these DVDs.

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