

## *Why not complete your continuing-education requirements by taking HEMME APPROACH home-study courses?*

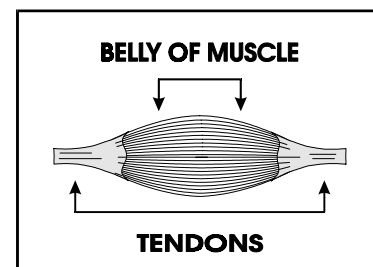
<p>The <b>HEMME APPROACH</b> is state-of-the-art and cutting-edge soft-tissue therapy for serious professionals who practice medical massage. The letters in <b>HEMME</b> stand for <b>HISTORY, EVALUATION, MODALITIES, MANIPULATION, and EXERCISE.</b></p> <p>When using the <b>HEMME APPROACH</b>, learning principles is more important than memorizing routines. After you learn the basic principles behind soft-tissue therapy, you can evaluate clinical problems and then develop protocols to solve the problems.</p>	<p>The principles in the <b>HEMME APPROACH</b> are taken from physical medicine, osteopathy, chiropractic, physical therapy, massage therapy, evidence-based research, and years of clinical experience.</p> <p>The <b>HEMME APPROACH</b> is by far the most powerful and comprehensive approach to soft-tissue therapy ever developed because of its ability to incorporate and use the best techniques found in other approaches to soft-tissue therapy. The <b>HEMME APPROACH</b> is also dramatically effective and easy to learn.</p>
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Since 1988, **HEMME APPROACH** has provided more than 40,000 soft-tissue therapy training courses to people around the world. Our primary goal is to offer health care professionals the highest quality training possible at the lowest possible prices. The three basic steps for completing a **HEMME APPROACH** course are (1) read the manual, (2) complete the open-book multiple-choice quiz, and (3) mail or fax the answer sheet. Even though it usually takes about 12 hours to complete a 12-hour course and 3 hours to complete a 3-hour course, there are no time limits or deadlines. You can work at your own pace in the privacy of your own home.

### ❶ What you will learn by taking our 12-hour HEMME APPROACH to Soft-Tissue Therapy Course:

- ⇒ Seven reasons why pain cycles are difficult to treat.
- ⇒ Three hazards to avoid when muscle testing.
- ⇒ Twelve principles that explain soft-tissue therapy.
- ⇒ Why trigger point therapy is more effective than cross-fiber friction.
- ⇒ Why myofascial release works.

12 hours



We usually recommend that you take the soft-tissue therapy course before you take low back pain, neck and shoulder pain, or advanced pain course.

### ❷ What you will learn by taking our 12-hour HEMME APPROACH to Managing Low Back Pain Course:

- ⇒ Nine major fallacies relating to common low back pain.
- ⇒ The correct ways to use trigger point and neuromuscular therapy.
- ⇒ The four ligaments that cause low back pain.
- ⇒ Methods of self-treatment for common low back pain.

12 hours



➔ ➔ ➔ PLEASE VISIT OUR UPDATED WEB SITE: [www.hemmeapproach.com](http://www.hemmeapproach.com)  
 Free Downloads and our On-Line Medical Terminology Dictionary  
 Our Toll-Free Number is 888-547-9594

“The **HEMME APPROACH** to managing low back problems is the most intelligent and definitive text that I have had the privilege to review on patient management, evaluation, and follow-up care for those health care providers, including physicians, who treat common back pain. The acronym **HEMME**, referring to **H**istory, **E**valuation, **M**odalities, **M**anipulation, and **E**xercise, is superior to the commonly used medical acronym SOAP (Subjective; Objective; Assessment; Plan). The documentation and bibliography are outstanding.

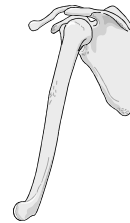
Most important, **HEMME**, and the treatment outlined, are an exciting paradigm that works. As a clinical professor of human mechanics, it is an invaluable addition to my library as a reference source and as a method of teaching new physicians and therapists, evaluation, treatment, prevention, and patient management.”

Dr. Eric J. Rentz, D.O., C.O.M.M., Past Associate Professor and Chairman,  
Department of Osteopathic Manipulative Medicine, College of Osteopathic Medicine,  
Southeastern University of the Health Sciences

**3 What you will learn by taking our 12-hour HEMME APPROACH to Neck and Shoulder Pain Course:**

- ⇒ The twenty-two major muscles that cause neck or shoulder pain.
- ⇒ How to use the Rehabilitation Model to understand pain cycles.
- ⇒ The **HEMME APPROACH** Quick Test for muscle testing.
- ⇒ How to treat adhesive capsulitis and scalene anticus syndrome.

12 hours



**4 What you will learn by taking our 12-hour HEMME APPROACH to Pain Course:**

- ⇒ Three major faults when treating soft-tissue pain.
- ⇒ Twenty-two laws or principles that explain soft-tissue therapy.
- ⇒ How to treat fibromyalgia, temporomandibular joint pain, and headaches.
- ⇒ Seven mistakes to avoid when giving a relaxing massage.

12 hours



**5 What you will learn by taking our 8-hour Medical Ethics, Communication, and Selling Course:**

- ⇒ How to communicate with patients and sell a medical product or service.
- ⇒ (This course meets the Florida 4-hour ethics, laws, and rules requirement.)

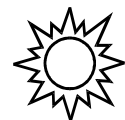
8 hours



**6 What you will learn by taking our 6-hour HEMME APPROACH to Modalities Course:**

- ⇒ Advanced techniques for using thermotherapy, cryotherapy, and vibration.
- ⇒ The differences between acute inflammation and chronic inflammation.

6 hours



**7 What you will learn by taking our 6-hour HEMME APPROACH to Hand Therapy Course:**

- ⇒ Methods for saving your own hands or the hands of a patient.
- ⇒ Techniques for treating carpal tunnel syndrome and reflex sympathetic dystrophy.
- ⇒ Techniques for treating osteoarthritis, rheumatoid arthritis, and tennis elbow.

6 hours



**⑧ What you will learn by taking our 4-hour Osteopathic Approach to Soft-Tissue Therapy Course:**

- ⇒ How to use **HEMME APPROACH** notes and SOAP notes.
- ⇒ The difference between superficial heat and deep heat (ultrasound).
- ⇒ How to use myofascial release, positional release, and muscle energy techniques.

4 hours



**⑨ What you will learn by taking our 4-hour Foot and Ankle Therapy Course:**

- ⇒ How to evaluate the foot and ankle using muscle testing and gait cycles.
- ⇒ Ways to use thermotherapy and cryotherapy when treating foot and ankle pain.
- ⇒ How to treat heel pain, plantar fasciitis, ankle sprains, Achilles tendinitis, and shin splints.

4 hours



**⑩ What you will learn by taking our 2-hour HEMME APPROACH to Knee Pain Course:**

- ⇒ How to identify a knee problem such as a torn meniscus or ruptured tendon.
- ⇒ How to treat a knee problem such as chondromalacia or runner's knee.
- ⇒ The ways that exercise can be used to strengthen the knee and prevent injuries.

2 hours



- **HEMME APPROACH 16-hour Concepts and Techniques Course:** A comprehensive survey course that covers all of the basic concepts and techniques that make the **HEMME APPROACH** powerful and unique. This course can be used as an introductory course or as a review course.
- **HEMME APPROACH to Ethics and Law Course:** meets the Florida and NCBTMB requirement.
- **HEMME APPROACH to Medical Errors:** meets the Florida 2-hour medical errors requirement.
- **The AIDS Virus Courses (1 hour or 3 hours):** both courses meet the Florida requirement.
- **HEMME APPROACH to Medical Terminology:** medical terms that apply to soft-tissue therapy.
- **Coming soon—advanced 18-hour lumbar-pelvic therapy course. Please call for details.**

**HEMME APPROACH courses are accepted for continuing education credit by:**

- National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)  
(All courses are NCBTMB approved—category A—provider 025820-00.)
- American Massage Therapy Association—AMTA
- Associated Bodywork & Massage Professionals—ABMP
- Florida Board of Massage Therapy (50-924)
- New Hampshire Health Facilities Administration
- Oregon Board of Massage Technicians
- Delaware, Nebraska, New Mexico, and Washington State Boards of Massage
- Louisiana Board of Massage Therapy (LAP0065—6-hour and 12-hour courses)
- Some states such as Tennessee, Alabama, Maryland, North Carolina, South Carolina, and West Virginia accept most courses that are approved by the NCBTMB or accepted by AMTA or ABMP.
- Please call our toll-free number—888-547-9594—for an updated list of our latest approvals.

Based on thousands of evaluations, this is what people like most about our home-study courses: The courses are easy to read, cost-effective, and filled with practical information. You can keep the manuals for reference after you finish the courses, and you can work at your own pace in the privacy of your own home. What people like most about our therapy courses is that we cover all four basic types of manipulation (trigger point therapy, neuromuscular therapy, connective tissue therapy, and range-of-motion stretching), not just one or two methods. We also provide outstanding service, free Priority-Mail shipping, and a toll-free number.

To place an order, please complete the order form below and mail it with a check or money order to **HEMME APPROACH** or call our toll-free number—**888-547-9594**—and use a credit card. We try to mail out courses within one working day of when we receive your order. Our office hours are Mon–Fri, 9 AM to 5 PM (Central time), and we are happy to answer questions. Your *satisfaction* with any course we offer is fully guaranteed.

<b>HEMME APPROACH ORDER FORM—Please Print</b>		
<b>NAME</b>	<b>PROFESSION</b>	
<b>ADDRESS</b>		
<b>CITY</b>	<b>STATE</b>	<b>ZIP</b>
<b>AREA CODE AND TELEPHONE NUMBER (      )</b>		
<b>HEMME APPROACH TO SOFT-TISSUE THERAPY</b>	\$115 12 hours	\$
<b>HEMME APPROACH TO MANAGING LOW BACK PAIN</b>	\$115 12 hours	\$
<b>HEMME APPROACH TO NECK AND SHOULDER PAIN</b>	\$115 12 hours	\$
<b>HEMME APPROACH TO PAIN</b>	\$115 12 hours	\$
<b>MEDICAL ETHICS, COMMUNICATION, AND SELLING</b>	\$ 75 8 hours	\$
<b>HEMME APPROACH TO MODALITIES</b>	\$ 60 6 hours	\$
<b>HEMME APPROACH TO HAND THERAPY</b>	\$ 60 6 hours	\$
<b>OSTEOPATHIC APPROACH TO SOFT-TISSUE THERAPY</b>	\$ 45 4 hours	\$
<b>HEMME APPROACH TO FOOT AND ANKLE THERAPY</b>	\$ 45 4 hours	\$
<b>HEMME APPROACH TO KNEE PAIN</b>	\$ 25 2 hours	\$
<b>HEMME APPROACH CONCEPTS AND TECHNIQUES</b>	\$150 16 hours	\$
<b>ETHICS AND LAW: (\$30 with any 12-hour course)</b>	\$ 35 4 hours	\$
<b>HEMME APPROACH TO MEDICAL ERRORS</b>	\$ 20 2 hours	\$
<b>AIDS VIRUS COURSE A: (meets Florida requirement)</b>	\$ 15 1 hour	\$
<b>AIDS VIRUS COURSE B: (\$20 with any 12-hour course)</b>	\$ 25 3 hours	\$
<b>HEMME APPROACH TO MEDICAL TERMINOLOGY</b>	\$ 15 1 hour	\$
<b>All US orders are sent by Priority Mail at no extra charge.</b>		<b>NO CHARGE</b>
<b>Florida residents, please add your local sales tax ☞</b>		\$
<b>Please make check payable in US dollars to HEMME APPROACH for ☞</b>		\$
<b>Please send your orders to:</b>	<b>For information, please call toll-free 888-547-9594. R2005</b>	
<b>► HEMME APPROACH 3334 Spring Valley Lane Bonifay, FL 32425</b>	For courses being delivered outside the United States, please add \$10 per course or call for a postage quote. These prices are effective until January 1, 2007.	
<b>FAX: 850-547-5533</b>	We appreciate your business and your trust. Thank you.	