**OUT-OF-TOWN PATIENTS PAPERWORK PART 1**

This is for your information. Part 2 contains forms to be filled out.

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Hesch Institute

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Dear Potential, Out of Town Client,

This paperwork applies to you if you are traveling from out of town and would like to be seen for three days in a row with each visit scheduled for up to 2-hours as deemed appropriate per Dr. Hesch. Otherwise, please refer to Local Patient Paperwork.

Thank you for choosing the Hesch Institute to help improve your physical health and well- being. We encourage all clients to become familiar with the Hesch Institute website and our You Tube channel “Jerry Hesch” where you will find unique cases and gain an appreciation of this approach. Please also review the patient section including the FAQs. When visiting the Hesch Institute you will receive one-on-one care with Jerry Hesch, DPT, MHS, PT as Dr. Hesch does not utilize therapy assistants or technicians. While we abhor extensive paperwork, it is a medicolegal mandate, and you are responsible for reading each page and making inquiry if there is anything that is unclear. There is a lot of necessary information in our effort to provide comprehensive definitive care and meet all medico-legal requirements. Thank you for your patience and understanding.

Dr. Hesch and his wife Karin have a home office in Aurora, Colorado. In addition to providing patient care, Jerry presents a few in-person continuing education workshops, develops online learning programs, performs research, publication and presentation at state, national and international conferences., and are active in conference presentation, research and publication.

Dr. Hesch provides a comprehensive chart review, detailed history taking, whole-body evaluation whole-body treatment, and helps to achieve an understanding of your presentation and the path to wellness. The goal beyond very effective long lasting Hesch Method manual therapy, is to provides education in self-management. Self -management typically includes instruction in self-mobilization so that ideally, you do not need return visits with any practitioner, gentle exercise, prevention, ergonomic and ideal body mechanics instruction. The purpose of this unique approach to musculoskeletal and neurologic healthcare is, to get you off the protracted, expensive, healthcare roller coaster. We also wish to greatly reduce your economic burden. We want you to have clear answers and definitive care. On occasion, Dr. Hesch may suggest a referral to another healthcare provider, or additional diagnostic work up, or short-term supportive care.

Out of town clients are scheduled for 2 hours for day one consisting of history taking, review of paperwork, whole-body evaluation and treatment and cost is $350.00. Day 2 is scheduled for 1.5-2 hours and includes a comprehensive reevaluation and whole-body treatment and instruction in self-management cost is $300.00. Day 3 is1-2-hours and consists of whole-body reevaluation treatment if needed (many times it is not due to the effectiveness of this approach) and is $300.00. Most conditions require three days. If additional time is needed, per mutual agreement, additional time will be billed in 15 -minute increments of $37.50, although this is extremely rare. If comprehensive care for your presentation can be accomplished within two visits as does happen, the third visit will be canceled, and you will not be billed for that day. The estimated total is $950.00. Additional details can be found on the financial page. This unique model of care with complete one-on-one care with Dr. Hesch is a “cash-based practice” model. Payment is made each day at the conclusion of care. The traditional model of physical therapy is to have a 30-45-minutes initial evaluation with the PT after which future visits may include up to 15-minutes of interaction with the PT per visit with the other care being provider by a PT Assistant or other clinician. For chronic pain conditions this model may be suboptimal, hence this approach.

Please bring comfortable clothing such as athletic wear. Please bring any devices you use for self-care to include foot orthotics, supports or braces, etc. We may video tape your exercises and self-treatment for your future home care, so please bring your phone charged and we can use it to film, or a 16GB or higher of free memory flash drive.

Once again, thank you for choosing the Hesch Institute. We look forward to participating in your health care. Please contact us for any questions. For any urgent matters please call as email response can delay.

Please note that we use “Dr. Hesch for any formal communication, however Jerry prefers to be greeted as “Jerry”.

Sincerely Yours,



Jerry Hesch, MHS, DPT, PT

**MAP TO HOME OFFICE**

Hesch Institute

25837 E Maple PL

Aurora, CO 80018

### Fool Proof Directions: When using a GPS please utilize the cross streets by precisely inputting this into the GPS:” E. Maple PL and S. Millbrook St.” This will take you to the street intersection which is two houses away (do not count corner house).

We recommend that you view a larger online map. If you use Google Map, please know that they have not updated this neighborhood which was completed in 2014. They still show an open field. We suggest that you use MapQuest.

### DRIVING DIRECTIONS FROM E-470 and E 6th Parkway

1. Start from Interstate E-70 and E-470
2. Merge onto E-470 (Portions toll).
3. Take EXIT 19 toward E 6th Parkway.
4. Turn left onto E 6th Pkwy.
5. E 6th Pkwy becomes E 6th Ave.
6. Turn right onto N Little River St.
7. N Little River St becomes S Little River St.
8. Turn left onto E Bayaud Ave.
9. Turn right onto S Millbrook St.
10. Turn left onto E Maple PL.
11. 2nd house on left is 25837 E Maple PL

We recommend that you view a larger online map.



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**PATIENT INSTRUCTIONS FOR FIRST VISIT**

* We no longer require clients to wear face masks unless they have not been vaccinated. We will wear masks upon request. We will continue to follow the CDC and the Colorado Department of Public Health and Environment recommendations which could change anytime. We will continue to use all other sanitary practices described on the website.
* Please review the directions on p2 of patient paperwork. It is important to input this in your GPS: E Maple Pl and S Middleton St 80018. Do not count the corner house, and we are the second house on the left.
* After you ring the doorbell, please wait a minute as I may be upstairs
* This is a home office with dogs and cats. The cats occasionally wander down, dogs are upstairs. Please let me know if you have allergies and I will vacuum again just before your visit, and air out the house. We have Benadryl on hand.
* Please bring a 16GB flash drive in case we film your presentation or your self-care. Alternately, we can use your cell phone.
* The home office is 303-366-9445. My cell phone is 702-561-0143 (Mountain Time).
* If you use a SI belt, please bring it and same for orthotics. I can review them on day 2. Sometimes the rearfoot posting is not adequate especially for hyper pronation. Most are 2mm/2-degrees, but 4-6-degrees may be very helpful for some.
* If you have a spouse or significant other, they are welcome to observe, and t is especially helpful if they can attend on 3rd visit so that I may instruct them in hands-on techniques.
* Please feel free to call (1-303-366-9445) or Email: JerryHesch@HeschInstitute.com but please know that Email can be delayed for up to 3-business days.

Thank you. I look forward to working with you.

Jerry Hesch, MHS DPT