



HerMedic Administrative Office

Wasatch Wellness Collective/HerMedic Therapeutics
3804 S. Highland Drive, Suite 10, Millcreek, UT 84106

Class Locations:

244 W. 300 N., Suite 105, **Salt Lake City, UT**, 84103
108 Locust St. Suite 3, **Santa Cruz, CA**, 95060
1955 Cleveland Ave Suite 204, **Santa Rosa, CA**, 95401

Welcome to HerMedic Therapeutics: Hendrickson Method® Education

At HerMedic Therapeutics, we provide structured, hands-on training in the **Hendrickson Method® (HM)** for healthcare professionals seeking to refine their clinical skills. Our program is designed for **massage therapists, physical therapists, chiropractors, acupuncturists, and other manual therapy practitioners** looking to integrate advanced manual therapy techniques into their practice.

A Practical, Evidence-Based Approach

Our curriculum emphasizes **practical application, clinical assessment, and precision in palpation**, ensuring students develop proficiency in:

- **Muscle Energy Techniques (METs)**
- **Wave Mobilization®** (Dr. Hendrickson's approach to soft tissue mobilization)
- **Joint Mobilization (JM)**

Classes focus on **functional anatomy, soft tissue mechanics, and treatment planning**, allowing students to apply techniques with clinical reasoning and therapeutic goals.

Why Hendrickson Method®?

Developed by **Dr. Tom Hendrickson**, the Hendrickson Method® integrates **METs, JM, and Wave Mobilization®** to address **both acute and chronic musculoskeletal conditions**. This approach combines the precision of orthopedic manual therapy with the restorative benefits of massage, offering an effective framework for pain management and functional rehabilitation.

Comprehensive Training with a Clinical Focus

The full **Hendrickson Method® program** is structured into twelve courses, conducted over three-day intensive sessions each month. This format accommodates both **certification seekers** and **professionals** pursuing **continuing education** or **skills enhancement**.

Develop the ability to:

- **Assess and address musculoskeletal dysfunction** with evidence-based techniques
- **Develop precise treatment plans** grounded in functional anatomy and clinical assessment
- **Apply manual therapy techniques efficiently**, reducing practitioner fatigue and strain
- **Enhance therapeutic presence and body mechanics** for sustainable practice

HerMedic Therapeutics is committed to **advancing professional standards** in manual therapy education, equipping practitioners with the knowledge and techniques needed to **deliver effective, results-driven care**.

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COURSE OFFERINGS AND STRUCTURE

HerMedic Therapeutics provides a structured **Hendrickson Method® certification program** designed for both new and experienced therapists. The program consists of **four progressive levels**, each comprising **12 classes**, covering foundational to advanced clinical applications. A "**Course**" refers to **one level (12 classes)**, encompassing the full scope of *Massage and Manual Therapy for Orthopedic Conditions*. A "**Certification**" requires **completion of two levels (two courses)** and qualifies practitioners as either a **Certified Hendrickson Method Practitioner** or a **Certified Hendrickson Method Therapist**.

CLASS DAY OVERVIEW

The day begins with a Qi Gong & Tai Chi warm-up, followed by a Heart Resonance Meditation. The session includes a class lecture and demonstration of a specific clinical protocol, concluding with hands-on practice.

MODULE OVERVIEW AND DURATION

Each course level includes four modules covering each chapter with a review day. Each module runs **three days (Fri-Sun)**, designed to fit the schedules of working professionals. *Upon request, certification can be completed **over several months**, depending on availability and individual pacing.*

Module 1: Foundations, Lumbosacral Spine, Cervical Spine, Review

- **Day 1:** Foundation (Prerequisite for all other classes) | Chapters 1 & 2
- **Day 2:** Lumbosacral Spine and Cervical Spine | Chapters: 3 & 5
- **Day 3:** Review and Clinical Practice for Chapters 1, 2, 3, & 5 | Includes: Hands-on and written exam for certifying students

Module 2: Thoracic Spine, Shoulder, Review

- **Day 1:** Thoracic Spine | Chapter 4
- **Day 2:** Shoulder | Chapter 6
- **Day 3:** Review and Clinical Practice for Chapters 5, 6, & 8 | Includes: Hands-on and written exam for certifying students

Module 3: Hip, Knee, Review

- **Day 1:** Hip | Chapter 8
- **Day 2:** Knee | Chapter 9
- **Day 3:** Review and Clinical Practice for Chapters 7, 9, & 10 | Includes: Final hands-on and written exam for certifying students

Module 4: Leg, Ankle, Foot, Elbow, Forearm, Wrist, Hand, Review

- **Day 1:** Leg, Ankle, and Foot | Chapter 10
- **Day 2:** Elbow, Forearm, Wrist, and Hand | Chapter 7
- **Day 3:** Review and Final Exam for Chapters 9, 10, & 7 | Includes: Final hands-on and written exam for certifying student

DETAILED COURSE LEVEL DESCRIPTIONS

HENDRICKSON METHOD® PRACTITIONER CERTIFICATION: LEVELS 1 AND 2

Course Level One | Total Hours: 112

Description:

Level One is a foundational course comprising 12 classes over four months to one year. It covers the basics of massage therapy science, clinical assessment, and contraindications, with a focus on the Hendrickson Method®'s Wave Mobilization®. Students learn safe strokes, METs, and joint mobilization techniques for full-body treatments, supervised by certified teachers.

Topics Covered:

- Clinical anatomy, physiology, kinesiology, and patterns of soft tissue dysfunction
- Injury and repair of soft tissue and joints

Hands-on Work:

Two-thirds of the course consists of practical table work, applying therapy techniques for common orthopedic conditions using:

- Manual therapy and specific treatment protocols
- Joint mobilization, muscle energy techniques, and Wave Mobilization®

Hourly Breakdown:

- Anatomy, Physiology, Kinesiology: 10 hours
- Orthopedic Assessment, Techniques: 55 hours
- Pathology: 8 hours
- Ethics: 2 hours
- Energy Healing and Self-Care: 7 hours
- Contraindications, Communication: 4 hours
- Clinical Practice: 25 hours
- Hands-on Test: 1 hour

Requirements for Completion:

- Document 18 HM sessions with clinical notes
- Optional: coursework training with HM Teacher or Teaching Assistant
- Minimum 75% cumulative quiz score
- Pass hands-on final (1 hour) and complete evaluations
- Required Text: [Massage and Manual Therapy for Orthopedic Conditions](#) (LWW, 2009) by Dr. Thomas Hendrickson
- View [Massage and Manual Therapy DVD](#) by Dr. Tom Hendrickson, 2011 (9 hours)

Course Level Two | Total Hours: 112

Description:

Building on Level One, Level Two includes 12 classes over four months to one year. This course advances students' knowledge of the science of orthopedic therapy and clinical assessment, with additional strokes, METs, and joint mobilization techniques.

Topics Covered:

- Advanced anatomy and physiology of joints and soft tissue
- Neurological effects of joint dysfunction and patterns of soft tissue dysfunction
- Clinical assessment and differential assessment

Hourly Breakdown:

Identical to Level One (see above for details).

Requirements for Completion: Identical to Level One.

Final Hands-On Test

Conducted with a certified Hendrickson Method® teacher outside class hours. Includes protocol application and verbal questions on technique.

HENDRICKSON METHOD® THERAPIST CERTIFICATION: LEVELS 3 AND 4

Course Level Three | Total Hours: 112

Description:

Level Three, a continuation of Level Two, further develops MET performance, tactile assessment, and clinical application. This course introduces advanced anatomy, palpation techniques, and effective application of METs, joint and soft tissue mobilization, and Wave Mobilization®.

Hourly Breakdown:

Identical to Levels One and Two (see above for details).

Requirements for Completion:

- Document 25 HM sessions per level with clinical notes
- Minimum 75% cumulative quiz score
- Pass hands-on final and complete evaluation

Course Level Four | Total Hours: 112

Description:

Level Four refines advanced clinical skills, including stroke and MET performance, palpation, and clinical planning. The course emphasizes differentiating tissue types and understanding injury mechanisms.

Hourly Breakdown:

Identical to Levels One, Two, and Three.

Requirements for Completion:

Identical to Levels One through Three.

Final Hands-On Test

Includes advanced HM assessments, treatment planning, and verbal questions on technique.

HENDRICKSON METHOD® INDIVIDUAL CLASSES DROP-IN | 7 HOURS**Description:**

Depending on class attendance and availability students completing certification from other HM programs or needing make-up sessions can drop in to complete their training hours. Offered on a case-by-case basis; please contact HerMedic for pricing and availability.

Hourly Breakdown:

- Anatomy, Physiology, Kinesiology: 1 hr 15 min
- Orthopedic Assessment, Techniques: 4 hrs 15 min
- Pathology: 30 min
- Ethics: 10 min
- Energy Healing and Self-Care: 30 min
- Contraindications, Communication: 20 min

Completion Requirements:

For HM certification-seeking students, requirements include documented sessions, cumulative quiz scores, a hands-on final, and evaluations.

Note: Drop-in students are allowed for certification or continuing education units, provided they meet certification course prerequisites.

CERTIFICATION OVERVIEW

Hourly Overview Per Course Level - 86 hours in classroom and 26 hours practice and certification test. Students pursuing practitioner or therapist certification are as follows:

HM Practitioner Certification (224 hours)

Level 1 (4 modules) - Theory and Application of Hendrickson Method® | 86-112 hours

- Science, theory, and application of Hendrickson Method

Level 2 (4 modules) - Advanced Soft Tissue Application | 86-112 hours

- Clinical assessments and advanced strokes for tendons, ligaments, joint capsules, and nerves.

HM Therapist Certification (224 hours)

Level 3 (4 modules) - Advanced Clinical Application and Tactile Assessment | 86-112 hours

- Focus on mastering strokes, tactile assessment, and advanced clinical application.

Level 4 (4 modules) - Advanced Clinical Plan and Assessment | 86-112 hours

- Enhances palpation skills, clinical planning, and differentiation of soft tissue injuries

POLICIES

Admissions Policy:

Potential students are welcome to [schedule a call](#) Nikki Whitlock to discuss their goals and the requirements of Hendrickson Method classes. We reserve the right to refuse enrollment to anyone.

Prerequisites:

- Students must be 18 or older and have completed high school or equivalency.
- Massage Practitioner or Therapist certification or license
- Recommended: 25 hours of anatomy and physiology training and one year of field experience
- Foundations or Hendrickson Method Mini-series Foundation class required for Level 1

Required Supplies In Class:

Students should bring the following items to each class:

- One large pillow (head support) or two (knees)
- One sheet
- A hard copy of *Massage and Manual Therapy for Orthopedic Conditions*
- Printed worksheets (if applicable)
- Writing tool, notebook, and notepad
- *Massage tables are provided unless otherwise specified.*

Certification Completion Requirements:

HM Certification and CE students will receive a Hendrickson Method certificate per module at the end of each level, and a Practitioner or Therapist certificate upon meeting the following requirements:

- **HM Certification Students:** Missing more than 20% of any class time will result in loss of credit for the class.
- **Continuing Education Credit Students:** 100% attendance is required. Arriving more than 15 minutes late or leaving early will be marked as an absence.
- Completion of all worksheets
- Minimum cumulative score of 75% on quizzes
- Completion of required practice massage documentation or equivalent
- Submission of course evaluations
- Completion of a hands-on final for each level in Practitioner and Therapist certification
- Fulfillment of the financial agreement

Note: All completion requirements must be fulfilled within three months of the class ending.

CERTIFICATION AND NON-CERTIFICATION OPTIONS

When available Hendrickson Method® classes may be taken for certification, to gain advanced knowledge, and for CE credits or skills without accreditation.

These classes will give a student an advanced experience in the application of the Hendrickson Method. *Non-certifying students:* Exams and worksheets are not required.

Certification Document Processing

Upon successful completion of the course and submission of all required documentation either digitally to hermedicslc@gmail.com or mailed to 1223 E. Sierra Way, Millcreek, UT 84106, students can expect to receive their certification documents within up to two months. This processing period allows for thorough review and verification of each student's coursework, attendance, and assessments. HerMedic Therapeutics will notify students once their certification is ready, and arrangements for collection or delivery will be made accordingly.

Please ensure that all necessary documentation is submitted promptly to avoid any delays in processing your certification.

STUDENT CONDUCT

Students are expected to conduct themselves respectfully toward others and contribute to a safe, supportive learning environment. HerMedic reserves the right to dismiss any student from class for ethical or behavioral infractions, with no refund eligibility.

- Inappropriate or sexually charged language or behavior is strictly prohibited.
- When working on classmates, students should adopt a therapist/client mindset to maintain professional boundaries.
- Students are encouraged to report any inappropriate conduct to the instructor immediately.
If there are any questions about these policies, please consult with your instructor.

LEGAL NOTICES

Trademark and Proprietary Use Information:

All Hendrickson Method® materials, including course design, trademarks, and copyrighted content, are the proprietary property of Thomas Hendrickson. Students are prohibited from copying, modifying, publishing, distributing, or selling this proprietary information unless expressly permitted.

Hendrickson Method® and wave mobilization® are registered trademarks of Thomas Hendrickson. Graduates can refer to our website or contact the Hendrickson Method® administration for guidelines on trademark usage.

Indemnification:

By enrolling in HerMedic Therapeutics classes, students agree to indemnify HerMedic Therapeutics and Hendrickson Method® administration, including all officers, agents, employees, and consultants, against any claims, liabilities, or expenses arising from their participation in classes or from their use of



Hendrickson Method® techniques in personal practice. This indemnification includes covering any legal fees incurred by HerMedic Therapeutics or Hendrickson Method® in relation to enforcing this agreement.

Privacy Policy:

HerMedic Therapeutics is committed to protecting the privacy and confidentiality of all personal information provided by our students and clients. Any personal information collected is solely for the purpose of delivering our services, processing enrollments, managing course communications, and providing updates on certifications and notifications related to our offerings.

Information Use and Protection:

Your personal information will never be shared, sold, or distributed outside of HerMedic Therapeutics. Access to this information is restricted to our immediate team members and is used exclusively for managing our services and communications with you.

Data Security:

We take stringent measures to safeguard all personal data against unauthorized access or disclosure. By using our services, you consent to the collection and use of your information in accordance with this policy.

SUMMARY OF COSTS

Pricing & Discounts:

- Tuition fees are **structured per class, module, and level**.
- **Early registration and full program discounts** are available.
- Full pricing details can be found in our **Continuing Education catalog** on our website
- *Note: The Foundations class is a prerequisite for all other classes.*

Tuitions:

- 1 Class | Per Class: \$350
- 3 Classes | Per Module: \$995
- 12 Classes | Single Level Course Package: \$2,900 (includes certification testing)
- 24 Classes | Full Certification Course Package: \$5,500 (includes certification testing)

Deposit:

- Non-refundable deposit: \$500 (applied toward the total cost) *If a student cannot attend, they may apply their deposit to a new class if used within 12 months of purchase.

Additional costs: (not included in tuition)

- [Required Textbook: \\$40-60](#)
- [Required DVD: \\$100](#)
- [Recommended Foundations or Miniseries Hendrickson Method Foundation Classes](#)

PAYMENT OPTIONS

Students must complete and submit an application at least 15 days before the start of any course to confirm enrollment on HerMedic.com. A deposit is required to reserve a spot for up to 12 months, with the tuition balance due three days before the course start date.

Payment options: Venmo, Zelle, PayPal, or Credit Card.

Financing available upon request: \$500 deposit, \$400 per month beginning before the first class (six monthly payments)

Please include your name, phone number, and the class or module title in your payment. Students may not attend unpaid classes.

CANCELLATION AND REFUND POLICIES

For Individual Classes:

- **Full Refund:** For cancellations made more than 7 days before the class start date.
- **50% Refund:** For cancellations made less than 7 days before the class start date.

- **No Refund:** On or after the first day of class.

The course deposit is non-refundable but may be applied toward another course within 12 months.

Example:

If a student enrolls in a 12-class course at \$2,895, attends the first module, and cancels two weeks before the second module, they are eligible for a refund. The refund amount is \$1,400 after deducting the deposit and the first module cost.

Important: All cancellations must be submitted in writing. The effective date of cancellation is the date HerMedic receives written notice. Refunds are issued within 15 days of written cancellation notice.

CLASS CANCELLATION BY HERMEDIC:

If HerMedic cancels a class, all enrollment fees and tuition payments will be fully refunded.

TEACHING STAFF

Nikki Rae Whitlock, Certified Hendrickson Method® Teacher and LMT

Nikki Rae Whitlock, LMT and Certified Hendrickson Method® Teacher, brings nearly two decades of expertise in advanced bodywork techniques, offering students a deep and insightful learning experience. Since 2011, she has studied the Hendrickson Method®, spending five years as a teaching assistant to its founder, Dr. Tom Hendrickson, refining her mastery of this powerful orthopedic approach. Her contributions to massage education extend beyond the classroom, with a background in curriculum development, instructor training, and program design at Healing Mountain Massage School. Dedicated to hands-on mentorship and student empowerment, Nikki fosters a supportive and inspiring learning environment where practitioners gain confidence, skill, and a profound understanding of therapeutic movement and manual therapy.

Maria Fernandez, Certified Hendrickson Method® Teacher and Certified Athletic Trainer

With a lifelong dedication to athletics and wellness, Maria Fernandez brings her expertise and passion to each session. Maria holds a degree in Kinesiology and became a Certified Athletic Trainer in 2011, which has fueled her focus on athletic training, sports medicine, and rehabilitation. In 2012 she began her path in Hendrickson Method studies which has lead her to becoming a Certified Hendrickson Method® Teacher. She is actively assisting Dr. Tom Hendrickson himself in certifying the next generation of Hendrickson Method® practitioners.

Kate Oliver, Certified Hendrickson Method® Teacher Assistant, Certified Massage Therapist

With over 25 years of experience, Kate Oliver, CMT, AA combines orthopedic precision with a holistic approach to bodywork. Trained in Hendrickson Method® Orthopedic Massage, Arvigo Techniques of Maya Abdominal Therapy®, and CranioSacral Therapy (CST), she blends clinical techniques with energy work to support long-term healing. Kate personally studied with Dr. Tom Hendrickson and has over 400 hours assisting Nikki Rae Whitlock in teaching the Hendrickson Method®.

Class Assistants:

Each class includes Hendrickson Method® Assistant Teachers or Certified Teachers of the Hendrickson Method. Assistants work closely with students to help them understand and perform the Hendrickson Method® correctly. Assistants are under the direct supervision of a certified teacher.

ABOUT HENDRICKSON METHOD

Hendrickson Method®:

The HM community is thrilled that Hendrickson Method® training is now available in Utah, thanks to the leadership and skill of HM Certified Teacher Nikki Whitlock. Nikki's company, HerMedic Therapeutics, is a member of the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), Associated Bodywork & Massage Professionals (ABMP), and the American Massage Therapy Association (AMTA). HerMedic and the Hendrickson Method® administration are committed to advancing the field of massage and manual therapy through expertly crafted training that combines the latest research in orthopedic manual therapy with energy healing knowledge.

Dr. Tom Hendrickson:

Tom Hendrickson D.C. is the founder and president of Hendrickson Method® Institute in Kensington, California, where he has been teaching his unique method of massage and manual therapy since 1982. Though the HM Institute dissolved in 2023, Tom continues to certify teachers, to expand the Hendrickson Method® community and make Hendrickson Method® available worldwide.

Dr. Hendrickson began studying the healing arts in 1972. He trained with Zen priest and Shiatsu Master Ryuho Yamada, studied Lomi Bodywork, a system of therapy combining deep tissue massage and breath work from Robert Hall M.D. et al., and trained in Reichian Bodywork under Phil Curcuruto D.C., Ed Jackson M.D., and Peter Levine PhD. He has also studied yoga, Tai Chi, and meditation, which he has practiced daily for nearly 50 years. Dr. Hendrickson has a deep interest in the interface of healing and modern science and has trained with healers Rosalyn Bruyere and Muriel Chapman D.O. In 1982, Dr. Hendrickson completed a one-year apprenticeship and four-year training program under the legendary Lauren Berry, RPT, a mechanical engineer and physical therapist who made significant contributions to the field of soft tissue therapy.

Dr. Hendrickson's creation of the Hendrickson Method® arose from this extensive training, devotion to understanding the body and how it heals, and decades of clinical experience. Dr. Hendrickson's textbook, *Massage and Manual Therapy for Orthopedic Conditions* (LW & W, 2009), now published in five languages, outlines the Hendrickson Method protocol and is used in advanced massage and manual therapy courses throughout the world. His instructional DVD, Hendrickson Method® Massage & Manual Therapy with Dr. Tom Hendrickson, showing the techniques described in the textbook was released in August 2011 and is available to students at hendricksonmethod.com.

For more information about Hendrickson Method please visit:

www.hendricksonmethod.com