
Learning Objectives

MedBridge Massage

Introduction to Total Body Balancing: Evaluation and Treatment of the Shoulder Complex

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Course Objectives:

- Define the D'Ambrogio Institute (DAI) evaluation and treatment philosophies
- Define body balance, lesions, and the causes of lesions
- Describe total body balancing, and the process for evaluating and treating lesions using total body balancing
- Define key total body balancing principles for clinical practice
- Describe key guidelines for clinicians utilizing total body balancing
- Demonstrate the total body balancing approach to assessment and treatment of the shoulder complex

Chapter 1: to General Introduction

The first chapter of this course, which is shared between all courses in this series, introduces the participant to the D'Ambrogio Institute.

Chapter 2: What is Total Body Balancing?

This chapter introduces the causes and types of lesions, optimal balance, and D'Ambrogio Institute (DAI) approach to total body balancing. This chapter also introduces and describes total body balancing.

Chapter 3: Principles of Total Body Balancing

The third chapter of this course introduces the key principles of total body balancing via demonstrations on the shoulder complex.

Chapter 4: Total Body Balancing Guidelines

In the fourth chapter of this course, Kerry D'Ambrogio outlines key guidelines for the use of total body balancing, including indications, contraindications, and common practitioner errors that arise in everyday clinical practice.

Chapter 5: Evaluation

In this chapter, Dr. D'Ambrogio demonstrates the total body balancing approach to evaluation on an example patient's shoulder complex.

Chapter 6: Treatment

This chapter offers demonstrations of total body balancing treatment scenarios pertaining to the shoulder complex, building on the conclusions of the evaluation portion in the previous chapter.

This treatment segment sets the stage for more targeted interventions explored in subsequent installments of this series.

Chapter 7: Closing

In the final chapter of this course, Kerry debriefs participants after viewing the evaluation and treatment demonstration segments, and offers a summary of key points and takeaways from this important first segment in this series.