



Course Descriptions

Total Body Balancing I (TBB I)

Course Length: 4 Days

25 CE's

Synopsis: This course will teach you how to perform a full body evaluation focusing on ARS of the ARTS evaluation. You will be taught a 6 phase treatment template that can be done in as little as 20 minutes balancing the patient's body in supine, prone, side lying (left/right) and sitting, finishing off in the supine position. TBB can be integrated with the other techniques taught by the DAI such as MET, MFR and PRT. You can also integrate craniosacral therapy, visceral manipulation and lymphatic drainage into the routine.

Course Highlights:

- Gain an understanding of the history, principles, and neuromuscular basis of classical osteopathy and TBB.
- Understand the causes of somatic dysfunction and the nature of a vital mechanism.
- Conduct a thorough full-body orthopedic evaluation for the spine (cervical, thoracic and lumbar), rib cage, pelvis, sacrum (lumbo-sacral, and sacro-iliac joints), upper and lower extremities
- Chart your results and formulate a treatment plan
- Decide on the proper sequence of treating Somatic Dysfunction
- Perform a 6 phase full-body TBB routine in supine, prone, side lying (left/right), sitting and ending in the supine position.
- Understand the clinical importance of TBB and the treatment of joint and muscular skeletal dysfunctions
- Integrate TBB with other treatment modalities such as MET, PRT, MFR, Craniosacral Therapy, Visceral Manipulation, and Lymphatic Drainage

Prerequisite Course: None

Total Body Balancing 2 (TBB2)

Course Length: 4 Days

25 CE's

Synopsis: This course will review the concepts and principles of Level 1 to enhance your skills and understanding of the concepts of TBB. You will review the full body evaluation with the addition of T (tension tests) to the ARTS evaluation. You will be taught to perform tension tests on the cranium, anterior and posterior torso, upper and lower extremities. You will learn to incorporate new techniques for each of the 6 phases to further balance the spine, rib cage, upper and lower extremities. Most of the new techniques will focus on balancing tension in the spine and rib cage.

Course Highlights:

- Review the concepts and principles of Level 1 to enhance your skills and understanding of the concepts of TBB.
- Review the full body evaluation with the addition of T (tension tests) to the ARTS evaluation.
- Learn to perform tension tests on the cranium, anterior and posterior torso, upper and lower extremities.
- Learn to incorporate new techniques for each of the 6 phases to further balance the spine, rib cage, upper and lower extremities. Most of the new techniques will focus on balancing tension in the spine and rib cage.

Prerequisite Course: TBB1

Total Body Balancing 3 (TBB3)

Course Length: 4 Days

25 CE's

Synopsis: The TBB3 seminar reviews and expands upon the concepts and principles from TBB1. In this seminar we will further your understanding of the evaluation (ARTS) of the spine, rib cage, pelvis/sacrum, upper and lower extremities and organ system. TBB3 will focus on the ability to evaluate and treat the entire body in the side lying and seated positions. This is a significant skill when working with patients who are unable to sit or side lie. In this class, advanced long lever mobilization techniques will be taught in the side lying and seated positions.

Course Highlights:

- The TBB1 full body evaluation and treatment routine will be reviewed and reinforced.
- We will expand upon and add to the evaluation from TBB1 and introduce a full body ARTS evaluation in the side lying and seated positions.
- We will introduce advanced long lever mobilization techniques that can be performed in the side lying and seated positions.
- Discuss the integration of Total Body Balancing with other treatment modalities and exercise.

Prerequisite Course: TBB2

Total Body Balancing 4 (TBB4)

Course Length: 4 Days

25 CE's

Synopsis: The TBB4 class reviews and expands upon the concepts and principles from Level 1, 2 and 3 to enhance your skills and understanding of the use of TBB and its integration with other modalities taught by DAI such as Muscle Balancing, Joint Balancing, and Fascial Balancing. CranioSacral Therapy, Visceral Manipulation and Lymphatic Drainage can also be integrated into the TBB template. In this class, we will introduce Activation Forces (respiration, neural reflexes, muscle contraction, impulse or recoil), which will augment your treatment outcomes. You will learn specific ARTS to help you decide which treatment modality to use, we will further your understanding of the use of the wedge, lever and screw. You will learn how to design an effective TBB treatment that meets the needs of your patient.

Course Highlights:

- We will review the full body evaluation from TBB1, 2 & 3 and make new distinctions. You will be introduced to Specific ARTS. You will learn to chart your results from your evaluation, prioritize your findings and formulate a treatment plan that can either address the entire body with TBB or a specific part of the body with another DAI treatment modality.
- We will review the TBB treatment template from Level 1, 2 & 3 and make new distinctions regarding the wedge, lever and screw.
- You will learn to integrate TBB with other treatment modalities taught at DAI such as Joint Balancing, Muscle Balancing and Fascial Balancing. CranioSacral Therapy, Visceral Manipulation and Lymphatic Drainage can also be integrated into the TBB template.
- You will be introduced to Activation Forces: respiration, neural reflexes, muscle contraction, impulse or recoil, which will augment your treatment outcomes.

Prerequisite Course: TBB3

Total Body Energetics (TBE1)

Course Length: 4 Days

25 CE's

Synopsis: TBE1 will introduce you to the fundamental philosophies and principles of TBE. This module will focus on the physical aspects of the Total Body Lesion. Students will learn how to dialogue with the body, how to navigate through the procedure chart and how to evaluate and treat energetic lesions at the physical level which represents the sum of the structural, physiological, energetic, mental, emotional, behavioral, consciousness (internal factors) and environmental influences(external factors). Our focus will be the musculoskeletal system which includes superficial fascia/scars, deep fascia (bone, muscles/tendons, joint, ligaments, sutures), deepest fascia (meninges) and foreign objects. Students will be taken through a step by step process of a clinical visit covering intake, documentation, initial evaluation, reevaluation and follow up. TBE works with the energy dynamics of the anatomy and physiology of the body and aids in releasing both acute and chronic patterns.

Course Highlights:

- Describe the general concepts and principles of Total Body Energetics (TBE)
- Demonstrate how to navigate through the TBE procedural chart to quickly guide you to the priority zone and body part that requires energetic balancing.
- Describe how to perform a TBE evaluation, balancing session and re-evaluation in order to show change in fascial, muscle and joint tension, improved range of motion, function with decreased pain.
- Explain how physical injury, emotions, active memory, beliefs systems, consciousness, environmental triggers, and fears and phobias can distort the energy body and the physical body creating stored patterns of dysfunction that spread throughout the body.
- Perform different types TBE such as hold space, realignment, molding, combination and listening and following on energy imbalances in the superficial fascia/scars, muscles, bones, joints, sutures and foreign objects.
- Learn about the dynamics of energy as it relates to the physical body
- Describe what TBE can do for your patients, who can benefit from the technique, and what the indications and contraindications may be.

Prerequisite Course: None

Fascial Balancing: Lower Quadrant (FBLQ)

Course Length: 3 Days

20 CE's

Synopsis: The purpose of this course is not to teach you hundreds of fascial balancing techniques but rather to teach you 6 key principles to Fascial Balancing that can be applied through the body. The workshop includes lecture, demonstration and practice for each technique presented. Students will gain a thorough understanding of Fascial Balancing Techniques used for the specific evaluation and treatment of the fascia of the lower quadrant. This workshop will specifically focus on the evaluation and treatment of superficial and deep (muscle, bone, and joint) fascial tension in the posterior torso and lower extremities. The posterior torso includes cervical spine, thoracic spine, posterior rib cage, lumbar spine, pelvis, and sacrum. The lower extremities include pelvis, hip, knee, ankle and foot.

Course Highlights:

- Gain an understanding of the history, principles and neuromuscular basis of Fascial Balancing
- Conduct a thorough orthopedic and fascial evaluation for the posterior torso (cervical spine, thoracic spine, posterior rib cage, lumbar spine, pelvis, and sacrum) and the lower extremities (pelvis, hip, knee, ankle and foot).
- Ability to chart your results of the evaluation and formulate a treatment plan
- Decide when to use Fascial Balancing in a treatment to address a specific lesion
- Perform Fascial Balancing Techniques on the posterior torso (cervical spine, thoracic spine, posterior rib cage, lumbar spine, pelvis, and sacrum) and the lower extremities (pelvis, hip, knee, ankle and foot).
- Understand the clinical importance of Fascial Balancing Techniques and the treatment of joint, and muscular skeletal dysfunctions
- Integrate Fascial Balancing Techniques with other treatment modalities taught at DAI.

Prerequisite Course: None

Fascial Balancing: Upper Quadrant (FBUQ)

Course Length: 3 Days

20 CE's

Synopsis: The purpose of this course is not to teach you hundreds of fascial balancing techniques but rather to teach you 6 key principles to Fascial Balancing that can be applied through the body. The workshop includes lecture, demonstration and practice for each technique presented. Students will gain a thorough understanding of Fascial Balancing Techniques used for the specific evaluation and treatment of the fascia of the lower quadrant. This workshop will specifically focus on the evaluation and treatment of superficial and deep (muscle, bone, joint, and organ) fascial tension in the anterior torso and upper extremities. The anterior torso includes the anterior rib cage, thoracic inlet, respiratory diaphragm, pelvic floor, and the fascia surrounding the organs of the thorax and the abdominal region. The upper extremities include the shoulder, elbow, and wrist/hand.

Course Highlights:

- Gain an understanding of the history, principles and neuromuscular basis of Fascial Balancing
- Conduct a thorough orthopedic and fascial evaluation for the anterior torso (anterior rib cage, thoracic inlet, respiratory diaphragm, pelvic floor, and the fascia surrounding the organs of the thorax and the abdominal region) and the lower extremities (shoulder, elbow, and wrist/hand).
- Ability to chart your results of the evaluation and formulate a treatment plan
- Decide when to use Fascial Balancing in a treatment to address a specific lesion
- Perform Fascial Balancing Techniques on the anterior torso (anterior rib cage, thoracic inlet, respiratory diaphragm, pelvic floor, and the fascia surrounding the organs of the thorax and the abdominal region) and the lower extremities (shoulder, elbow, and wrist/hand).
- Understand the clinical importance of Fascial Balancing Techniques and the treatment of joint, and muscular skeletal dysfunctions
- Integrate Fascial Balancing Techniques with other treatment modalities taught at DAI.

Prerequisite Course: None

Joint Balancing: Lower Quadrant (JBLQ)

Course Length: 3 Days

20 CE's

Synopsis: Students will gain a thorough understanding of Joint Balancing Techniques used for the specific evaluation and treatment of the joints of the lower quadrant. This workshop will specifically focus on the lumbar spine, pelvis, sacrum, hip, knee, ankle and foot. Joint Balancing Technique will help to reduce hypertonic muscles, fascial tension, pain, increase joint mobility, and restore proper joint biomechanics and postural alignment.

Course Highlights:

- Gain an understanding of the history, principles, and neuromuscular basis of Joint Balancing Techniques
- Conduct a thorough joint evaluation for the lumbar spine, pelvis, sacrum (lumbosacral & sacro-iliac joints), hip, knee, ankle and foot.
- Chart your results and formulate a treatment plan based on joint balancing principles.
- Decide when to use Joint Balancing in a treatment to address a specific lesion
- Perform Joint Balancing Techniques on common joint lesions evaluated in the seminar.
- Realize the clinical importance of Joint Balancing Techniques and the treatment of joint and muscular skeletal lesions.
- Integrate Joint Balancing Techniques with other treatment modalities

Prerequisite Course: None

Joint Balancing: Upper Quadrant (JBUQ)

Course Length: 3 Days

20 CE's

Synopsis: Students will gain a thorough understanding of Joint Balancing Techniques used for the specific evaluation and treatment of the joints of the upper quadrant. This workshop will specifically focus on the cervical spine, thoracic spine, rib cage, shoulder, elbow, wrist and hand. Joint Balancing Technique will help to reduce hypertonic muscles, fascial tension, and pain, increase joint mobility, and restore proper joint biomechanics and postural alignment.

Course Highlights:

- Gain an understanding of the history, principles, and neuromuscular basis of Joint Balancing Techniques
- Conduct a thorough joint evaluation for the cervical spine, thoracic spine, rib cage, shoulder, elbow, wrist and hand.
- Chart your results and formulate a treatment plan based on joint balancing principles.
- Decide when to use Joint Balancing in a treatment to address a specific lesion
- Perform Joint Balancing Techniques on common joint lesions evaluated in the seminar.
- Realize the clinical importance of Joint Balancing Techniques and the treatment of joint and muscular skeletal lesions.
- Integrate Joint Balancing Techniques with other treatment modalities.

Prerequisite Course: None

Muscle Balancing: Lower Quadrant (MBLQ)

Course Length: 3 Days

20 CE's

Synopsis: Students will gain a thorough understanding of Muscle Balancing Techniques used for the specific evaluation and treatment of the muscles of the lower quadrant. This workshop will specifically focus on the lumbar spine, pelvis, sacrum, hip, knee, ankle and foot. Muscle Balancing Technique will help to reduce protective muscle spasm, fascial tension, and pain, increase joint mobility, and restore proper joint biomechanics and postural alignment.

Course Highlights:

- Gain an understanding of the history, principles, and neuromuscular basis of Muscle Balancing Techniques
- Conduct a thorough muscle evaluation for the lumbar spine, pelvis, sacrum, hip, knee, ankle and foot.
- Chart your results and formulate a treatment plan based on muscle balancing principles.
- Decide when to use Muscle Balancing in a treatment to address a specific lesion
- Perform Muscle Balancing Techniques on common muscle lesions evaluated in the seminar.
- Realize the clinical importance of Muscle Balancing Techniques and the treatment of protective muscle spasm in the lower quadrant.
- Integrate Muscle Balancing Techniques with other treatment modalities.

Prerequisite Course: None

Muscle Balancing: Upper Quadrant (MBUQ)

Course Length: 3 Days

20 CE's

Synopsis: Students will gain a thorough understanding of Muscle Balancing Techniques used for the specific evaluation and treatment of the muscles of the upper quadrant. This workshop will specifically focus on the cranium, cervical spine, thoracic spine, rib cage, shoulder, elbow, wrist and hand. Muscle Balancing Technique will help to reduce protective muscle spasm, fascial tension, and pain, increase joint mobility, and restore proper joint biomechanics and postural alignment.

Course Highlights:

- Gain an understanding of the history, principles, and neuromuscular basis of Muscle Balancing Techniques
- Conduct a thorough muscle evaluation for the cranium, cervical spine, thoracic spine, rib cage, shoulder, elbow, wrist and hand.
- Chart your results and formulate a treatment plan based on muscle balancing principles.
- Decide when to use Muscle Balancing in a treatment to address a specific lesion
- Perform Muscle Balancing Techniques on common muscle lesions evaluated in the seminar.
- Realize the clinical importance of Muscle Balancing Techniques and the treatment of protective muscle spasm in the upper quadrant.
- Integrate Muscle Balancing Techniques with other treatment modalities.

Prerequisite Course: None