



Systemic Orthopedic Balancing Course

Course Description:

Systemic Orthopedic Balancing (SOB) is a dynamic three-day course tailored for healthcare professionals, including physical therapists, massage therapists, athletic therapists, osteopaths, and medical doctors. This course equips participants with an innovative systemic approach to musculoskeletal evaluation and treatment.

SOB introduces the Total Body Screening Examination, a pivotal tool that guides practitioners in determining the need for a systemic approach. By focusing on the entire musculoskeletal system, including muscles, fascia, joints, capsules, and ligaments, participants learn a five-phase treatment approach.

This five-phase treatment approach utilizes long lever techniques applied to the arms, legs, head/neck, and torso, to release lines of tension and balance the transverse diaphragms. Additionally, the gentle rhythmic nature of the mobilization techniques modulates the autonomic nervous system, promoting improved mobility, circulation (vascular, lymphatic, and energetic flow), and overall functional enhancement.

The primary goal of this course is to enable practitioners to identify total body barriers and facilitate improved physiology. By addressing systemic circulation, arterial flow, venous return, lymphatic flow, energy flow, and nerve function, participants gain essential tools to support the body's innate healing capacity. This approach influences various systems within the body, including the lymphatic, visceral, craniosacral, and myofascial musculoskeletal systems.

Discover the transformative potential of Systemic Orthopedic Balancing and empower yourself to enhance overall health and vitality.

This course complements Systemic Lymphatic Balancing as both classes address systemic issues. While Systemic Orthopedic Balancing focuses on systemic fascia and musculoskeletal issues, Systemic Lymphatic Balancing addresses systemic congestion. Together, these courses impact the pathway of healing and contribute to the patient's overall healing process.

Course Objectives:

Upon successful completion of this course, participants will be able to:

- **Understand the Core Principles of SOB:** Explain the fundamental principles of Systemic Orthopedic Balancing, including its holistic approach to musculoskeletal evaluation and treatment.
- **Master the Total Body Screening Examination (TBSE):** Demonstrate proficiency in conducting a comprehensive TBSE to accurately assess the musculoskeletal system and identify if the patient meets the criteria for a systemic orthopedic approach.



- **Enhance Clinical Reasoning and Decision-Making:** Develop clinical reasoning skills and decision-making capabilities for effective application of SOB in clinical practice.
- **Apply the Five-Phase Treatment Approach:** Skillfully apply the five-phase treatment approach, using long lever techniques on the arms, legs, head/neck, and torso, to release lines of tension, balance the transverse diagrams and modulate the autonomic nervous system.
- **Support Improved Physiology:** Recognize total body barriers and employ SOB techniques to facilitate improved systemic circulation, arterial flow, venous return, lymphatic flow, energy flow, and nerve function.
- **Empower Health Practitioners:** Enable healthcare professionals to empower themselves with tools and knowledge to enhance overall health, vitality, and the innate healing capacity of the body.

Outline

Day 1:

Introduction

- What is Systemic Orthopedic Balancing?
- Why Learn Systemic Orthopedic Balancing?
- When to apply Systemic Orthopedic Balancing?
- Overview of the Course

Section II: Anatomy and Physiology

- Fascial Anatomy

Section I: Clinical Decision-Making Tools

- DAI Philosophy & Treatment Principles
- Discover where to treat
- Understand what to treat
- Learn the comprehensive TBSE
- TBSE Workshop

Section IV: SOB Technique Application

- Phase I: Supine Techniques
 - Application and Techniques



Day 2:

Review of Day 1

Section III: Principles of Systemic Orthopedic Balancing (SOB)

- Core Principles of SOB?
- What does SOB do?
- Who Benefit from SOB?
- When and When Not to Apply SOB
- Indications and Contraindications

Section IV: SOB Technique Application

- Phase I: Supine Techniques
 - Application and Techniques

Section V: SOB Treatment Application

- Phase I: Supine Techniques
 - Treatment Protocols and Techniques

Section IV: SOB Technique Application

- Phase II: Prone Techniques
 - Application and Techniques

Section V: SOB Treatment Application

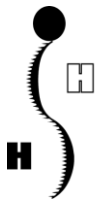
- Phase II: Prone Techniques
 - Treatment Protocols and Techniques

Section IV: SOB Technique Application

- Phase III & IV: Side Lying Techniques
 - Application and Techniques

Section V: SOB Treatment Application

- Phase III & IV: Side Lying Techniques
 - Treatment Protocols and Techniques



Day 3:

Review of Day 2

Section IV: SOB Technique Application

- Phase V: Seated Techniques
 - Application and Techniques

Section V: SOB Treatment Application

- Phase V: Seated Techniques
 - Treatment Protocols and Techniques

Section V: SOB Treatment Application

- TBSE Group 1
- SOB treatment Sequence Group 1

Section V: SOB Treatment Application

- TBSE Group 2
- SOB treatment Sequence Group

Instructor:

Dr Kerry D'Ambrogio, DOM, AP, PT, DO-MTP, is a physical therapist, osteopath, and board-certified acupuncture physician. He is the author of Positional Release Therapy (Mosby) and his published articles have been featured in physical, occupational, and massage therapy magazines.

Dr. D'Ambrogio started lecturing in 1988 and has taught in over 20 countries worldwide. He is a certified instructor recognized by the Upledger Institute, the Barral Institute and International Alliance of Healthcare Educators (IAHE) He founded the D'Ambrogio Institute with the vision of providing a comprehensive osteopathic manual therapy curriculum to train clinicians to make better decisions regarding patient care.

Enquires: 查詢

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