

to•tal bo•dy bal•anc•ing

1: a total body evaluation and 5-phase manual therapy treatment approach.

2: involves a gentle, but powerful approach incorporating the use of long levers in rhythmic mobilization to release the lines of tension in muscles, diaphragms, joints, ligaments, fascia, viscera, and the craniosacral system to improve circulation, nerve, and energy flow.

mus•cle bal•anc•ing

1: a manual therapy technique that involves the evaluation and treatment of protective muscle spasm.

2: involves positioning the muscle indirectly into a position of comfort in 1, 2, or 3 planes of motion to inhibit muscle spindle facilitation.

fas•cial bal•anc•ing

1: a manual therapy technique that involves the evaluation and treatment of fascial tension.

2: involves mobilization of the fascial tissue in 1, 2, or 3 planes of motion, as well as the incorporation of both short and long levers to augment release.

joint bal•anc•ing

1: a manual therapy technique that involves the evaluation and treatment of joint hypomobility or stiffness.

2: positioning in 1, 2, or 3 planes, along with gentle isometric contraction, is utilized to relax and lengthen the hypertonic muscle and normalize the joint dysfunction.

lym•phat•ic bal•anc•ing

1: a manual therapy technique that involves the evaluation and treatment of orthopedic issues that involve excess fluid or swelling, fluid stagnation or lymphedema.

2: involves a total body approach that incorporates both short and long lever lymphatic pumping and fluid mobilization techniques which simulate gentle, specific, wave-like movements to stimulate fluid motion and to encourage re-circulation of the venous and lymphatic flow.