

What is Muscle Balancing?

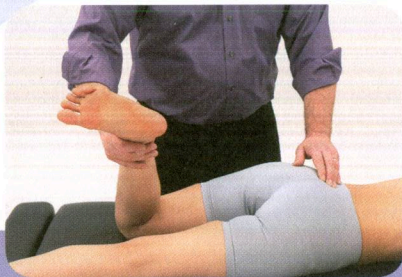
Muscle Balancing (MB) is a gentle manual therapy that treats protective muscle spasm by inhibiting the reactive fibers in the muscle and the sensory input to the brain. By interrupting this pathway, the muscle can now relax, thus relieving the protective muscle spasm.

MB works by addressing tender points found throughout the body. These tender points are usually four times more sensitive than normal tissue and can be found in the muscle, fascia, bone, and ligaments.

MB reduces muscle tenderness/spasm, fascial tension, and pain. In turn, this helps to increase joint mobility, decrease swelling, restore proper joint biomechanics, and improve functional range of motion and postural alignment.

After my motor vehicle accident and many doctor appointments later with no relief in sight, I tried this treatment. Without it, I would not have been able to return to work or my normal activities. With consistent exercise and monthly treatments, I am managing pain free! What a gift.

K.D., Jacksonville, FL



What Causes a Muscle Spasm?

When a joint is put under strain by trauma, injury, or poor ergonomics, the nervous system sends messages to the supporting muscles telling them to contract strongly to prevent damage to the joint.

This contraction can be held for a few minutes or a few days. However, this state can also become chronic if the nervous system continues to send these messages. Over time, both the muscle and the nerve root become irritated causing additional muscles to contract and become painful.



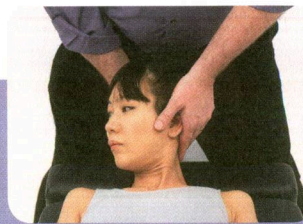
What Should I Expect?

MB will begin with an evaluation to help guide the treatment and measure change/progress. Based on the evaluation, the practitioner will identify tender points, then place the involved tissue into a position of ease to relieve tension and tenderness. This position is held for 90 seconds, after which the tissue is slowly returned to its normal position. The treatment is performed directly on skin when possible. Your practitioner may use draping or ask you to arrive in appropriate clothing.

You can expect an immediate decrease in pain, improved posture, decreased tension, and increased range of motion, all helping you to get back to your daily activities with ease.

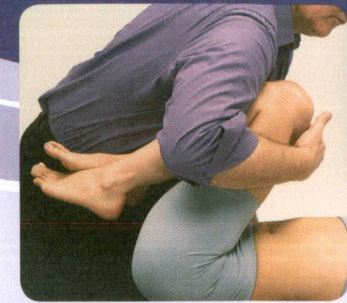
I injured my lower back at a job site 5 years ago, I have been in chronic pain ever since. You spent time assessing my injury and noticed things other therapists missed. Since coming to you for treatment, I'm living a pain free quality life. Thanks a million!

G.E., Austin, TX



How Does Muscle Balancing Work?

Muscle Balancing places the muscle into a shortened and non-threatening position. This sends the message of relaxation back to the brain. Since the nervous system is no longer receiving heightened feedback from the muscle, instructions change from increased tone and spasm to relaxation. Relief from pain and tension is often immediate once the spasm is released.



Who Can Benefit from Muscle Balancing?

The gentle but highly effective nature of **MB** makes it ideal for patients of **all ages and all activity levels**.

MB has been shown to specifically help:

- Decrease pain
- Increase mobility
- Improve circulation
- Decrease swelling
- Increase energy
- Improve posture/balance
- Speed up return to work, sports, and leisure

I was suffering from bad shoulder pain that just wouldn't go away. My treatments have helped me tremendously, and I am at a point now that I don't need pain killers. Thank you!

A. H. Washington, DC.

About the Developer

Kerry D'Ambrogio, DOM, AP, PT, DO-MTP, is a physical therapist, osteopath, and board-certified acupuncture physician. His integrative blend of both Eastern and Western medicine, prompted by a



thorough full body pre and post treatment evaluation, is the key to unlocking perplexing pain and biomechanical dysfunction. Dr. D'Ambrogio graduated from the Physical Therapy program at the University of Toronto, Canada, the Osteopathic program at the Canadian Academy of Osteopathy in Hamilton, Ontario, Canada, and the Acupuncture program at the Academy of Chinese Healing Arts in Sarasota, Florida, USA. Dr. D'Ambrogio started lecturing in 1988 and has taught in over 20 countries worldwide, and is recognized as an exceptional teacher of manual and exercise therapies.

Conditions that have been shown to benefit from Muscle Balancing:

- Adhered and painful scar tissue
- Arthritis
- Acute sprains and strains, including sports injuries
- Chronic pain
- Overuse injuries, including tennis/golfer's elbow and carpal tunnel
- Jaw pain (TMJ)
- Neck and shoulder pain, including whiplash and rotator cuff injury
- Headaches/migraines
- Back pain/disc herniation
- Nerve injuries, including sciatica
- Postural deformities, including scoliosis and torticollis
- Post-surgical recovery
- Respiratory distress
- Muscle spasticity
- Amputation complications



The Musculoskeletal System

The Musculoskeletal System (MS) is composed of three different systems: the Muscular System, the Joint System, and the Fascial System. Each of these systems works together to provide movement, support, stability, form, and protection.

The Muscular System is composed of muscles, tendons, and other connective tissue. This system is primarily responsible for providing movement. Movement is essential to maintain optimal health and wellness. Regular activity aids in digestion of food and the elimination of waste products. Movement, in the form of exercise, strengthens the heart, bones, and immune system.

The Muscular System is also essential for maintaining good posture. Good posture is the result of a balanced muscular system. This balance is important because it allows the MS to work the most efficiently, reducing stress on all the other body systems.

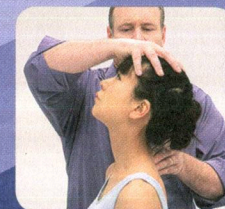
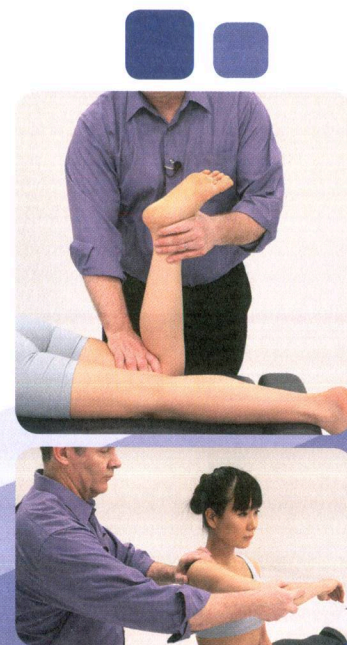
I had been training for a Tough Mudder Race and pulled my hamstring muscle. After 3 treatments, my pain was gone and my leg strength was even better than before. So glad I found you!!
L.P., Toronto, ON



DAmbrogioInstitute.com
800-311-9204



If you have any questions, please consult your physician or ask your practitioner:



Discover

MUSCLE BALANCING

A Local Body Approach to Treating Muscle Spasm and Restoring Healthy Pain Free Motion