

Internal Pelvic Balance : Ligaments in Postpartum and in Pelvic Pain

SYLLABUS

Please note, the scope of the curriculum may vary depending on location and duration of training.

PELVIC LIGAMENTS

- ⊙ Sacrococcygeal ligaments
- ⊙ Sacroiliac ligaments
- ⊙ Sacrospinous ligaments
- ⊙ Sacrotuberous ligaments

UTERINE LIGAMENTS

- ⊙ Broad ligament
- ⊙ Uterosacral ligaments
- ⊙ Pubocervical ligaments
- ⊙ Transverse/cardinal ligaments

FASCIA

- ⊙ Endopelvic fascia
- ⊙ Urogenital triangle fascia
 - Deep perineal pouch
 - Superficial perineal pouch

EQUILIBRIO	INTERNAL PELVIC BALANCE :LIGAMENTS IN POSTPARTUM AND IN PELVIC PAIN	IN-PERSON TRAINING	1
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