

# Internal Pelvic Balance: Ligaments in Pregnancy and in Birth

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## SYLLABUS

1. Assessing the state of balance and imbalance of internal uterine and pelvic ligaments
2. In-depth learning on the influence ligaments have on the surrounding soft tissues, joints, and bones
  - a. Broad ligament
  - b. Uterosacral ligaments
  - c. Uterine Round ligaments
  - d. Inguinal ligaments
  - e. Sacrospinous ligaments
  - f. Sacrotuberous ligaments
  - g. Pelvic fascia

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