

# Balancing Birth: **Muscles**

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## MODULES

1. Introduction
2. Bony Pelvis Levels
  - a. Intro to Bony Pelvis
  - b. Inlet
  - c. Midpelvis
  - d. Outlet
3. Soft Tissue Pelvic Levels
  - a. Intro to soft tissue pelvic levels
  - b. Breakdown of the 5 Soft Tissue Pelvic Levels™
4. Inlet
  - a. Balancing muscles
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Paraspinals
    - iv. Quadratus lumborum
    - v. Latissimus dorsi
    - vi. PSOAS
    - vii. Iliacus
    - viii. Glutes (maximus, medius, minimus)
    - ix. Respiratory diaphragm

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5. Upper Transitional Level™

a. Balancing muscles

- i. Bony pelvis
- ii. Soft tissue
- iii. Piriformis

6. Midpelvis

a. Balancing muscles

- i. Bony pelvis
- ii. Soft tissue
- iii. Longissimus
- iv. Deep six
- v. Pelvic diaphragm/pelvic floor

7. Lower Transitional Level™

a. Balancing muscles

- i. Bony pelvis
- ii. Soft tissue
- iii. Puborectalis and pubococcygeus muscles
- iv. Obturator internus

8. Outlet

a. Balancing muscles

- i. Bony pelvis
- ii. Soft tissue
- iii. Pelvic diaphragm
- iv. Urogenital triangle: deep perineal pouch
- v. Urogenital triangle: superficial perineal pouch
- vi. Deep six

9. Wrap Up

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