

# Balancing Birth: **Ligaments**

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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 ligaments
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Inguinal ligaments
    - iv. Broad ligament
    - v. Round ligaments
    - vi. Sacroiliac ligaments
    - vii. Iliolumbar ligaments
    - viii. Iliofemoral ligaments

EQUILIBRIO	BALANCING BIRTH: LIGAMENTS	ONLINE COURSE	1
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5. Upper Transitional Level™
  - a. Balancing ligaments
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Uterosacral ligaments
6. Midpelvis
  - a. Balancing ligaments
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Sacrospinous ligaments
    - iv. Uterosacral ligaments
7. Lower Transitional Level™
  - a. Balancing ligaments
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Uterosacral ligaments
8. Outlet
  - a. Balancing ligaments
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Sacrotuberous ligaments
9. Wrap Up