



FREELY MOVABLE JOINTS Advancing Skills Day / FMJ SKILLS

COURSE TITLE: FREELY MOVEABLE JOINTS ADVANCING SKILLS DAY

ABBREVIATION: FMJ SKILLS

EDUCATIONAL CREDIT: 6.5 CEUs

COURSE LENGTH: 1 day

PREREQUISITE: Freely Movable Joints

COURSE DESCRIPTION:

FREELY MOVEABLE JOINTS Advancing Skills Day classes enhance the process of learning the concepts, skills and fulcrums taught in FREELY MOVEABLE JOINTS and develop relationships among ZB practitioners. Student questions shape the lessons, and the format includes presentations, demonstrations, touch feedback and session swaps.

Topics typically addressed:

- **Zero Balancing principles as they apply to the freely moveable joints of the body.**
- **Refined understanding of the different ways to evaluate and balance bones and joints.**
- **Anatomy, evaluation and balancing options for bones and joints of the shoulder girdle and arms.**
- **Anatomy, evaluation and balancing options for bones and joints of the pelvic girdle and legs.**
- **Working with the hip joint and accessing the sacroiliac joint via the hip fulcrum.**
- **Temporomandibular joint anatomy, evaluation and balancing.**
- **Direct bone fulcrums and 'bone bending'.**