



ENERGY BALANCING

Date	Name																		
1. Pelvis rotation																			
2. Necklash																			
3. Anterior Dorsal																			
4. Pubic Joint																			
5. Bladder Lift																			
6. Arms																			
1. Shoulder Blade [L or R]																			
2. Shoulder [L or R]																			
dropped down [L or R]																			
jammed up [L or R]																			
3. Elbow [L or R]																			
dropped down [L or R]																			
jammed up [L or R]																			
4. Wrist [L or R]																			
5. Fingers jammed [L or R]																			
7. Legs																			
1. Patella down [L or R]																			
2. Fibula [L or R]																			
3. Talus down [L or R]																			
4. Calcaneus [L or R]																			
5. Cuboid up [L or R]																			
6. Navicular down [L or R]																			
7. Toes jammed [L or R]																			
8. Spine vertebrae																			
Cervical/Lumbar [L or R]																			
1-7 1-5																			
Thoracic [L or R]																			
1-11																			
Sacrum																			
Coccyx																			
9. Respiration Assistance																			