

TFH 1 Balancing Procedure

Get permission and check if there are any injuries or sore muscles

Educate if this is the first time they are getting balanced

Check for Clear Circuit Indicator Muscle (IM)

Pre Checks: Switching, Hydration and Central Meridian

Set a Goal

Assessment. Range of motion, pain, energy or stress level 0 – 10.

Correct-as-You-Go Balance

Test a Muscle

If it locks – Ok (go on to next muscle test)

If it unlocks- Do either

Spinal Reflexes (if bilateral)

NL

NV

Meridian

Nutrition

Origin/Insertion

Do the correction

Retest

Challenge (touch the point you just corrected)

If the muscle holds then you are done

If the muscle unlocks again, then do next correction point.

Continue balancing muscles

Recheck the goal, and assessment when done