

I. Detective Work—History

- Reviewing intake information
- *Why do we ask the questions we ask?*
 - Pregnancy and birth history are a crucial part of understanding the foundation of your movement.
 - Details of “how” injuries happen allow us to better “erase” their effect on your movement.
 - Often you will remember more later (birth trauma, injuries like broken bones, falls/accidents, etc.) When you do remember something new, let us know.

II. Explaining Philosophy and Bridging® Technique

- Movement development philosophy and framework (on back.)
- We teach muscles new ways to work and/or help muscles to remember how they should work. This technique is called Kinetic Bridging®.
- We use wiggles, rocks, stretches, and compressions to organize and teach.
- Centering and organizing of these movements is usually very relaxing.

III. More Detective Work—How You Flow and Move

- We assess your movement flow in sitting, standing, and laying down positions. This reveals symmetry and interconnection throughout the body. Flow also provides clues about the nervous system’s ability to feel secure. Areas where movement is stuck usually corresponds to pain.
- We take a series of baseline photos which provide an objective starting point.

IV. Bridging Gaps

- The primary initial goal is symmetry and organization.
- Early fetal and infant movements are used to fill in gaps.
 - Coordinates movement between head/limbs to core.
 - Organizes pressure regulation throughout the core.

V. Next Steps/Planning and Questions

- We will leave 5-10 minutes at the end of the session to answer any questions you may have.
- We will discuss follow-up sessions and overall short- and long-term plan, as appropriate.