



## MUSCLE BALANCE AND FUNCTION DEVELOPMENT® (MBF® SYSTEM)

A health and healing program for individuals and an educational system for health care providers

### A PROGRAM BASED ON SUCCESS

"The Muscle Balance and Function Development® (MBF®) System provides the individual with a scientifically sequenced series of exercises designed to create a pain free existence and a path for personal empowerment. For health care providers, the MBF® educational program is a unique, principle based, results-oriented system that teaches the application of the laws of physics and biomechanics. The 76 hours of course instruction in Muscle Balance and Function Development® comprise the only comprehensive education system for structural realignment and integrity for health care providers in today's market"

*Geoff Gluckman, MBF® Creator*

"The programs empower clients to attain a higher level of internal awareness and health."

*John Russell, RMT and Colleen Schmitt, RMT Vancouver, BC*

"The MBF® education system is of great value in that it has enabled my staff and me to enhance our efforts in achieving permanent results for our patients and in helping them become more self-responsible"

*Dr. Robert J. Goodman, The Nevada Spine Center, Boulder City, NV*

"When I started this program, I was suffering frequent shooting pains that started between my shoulder blades and ran to the tips of my fingers. After six weeks, I felt like a normal human being again. I still do the exercises at least six days a week."

*Larry Winkler, Reno, NV*

### PHILOSOPHY

The human body responds, develops, and is maintained according to basic neurological and biomechanical principles. However, when the body experiences an accident, surgery, trauma, chronic over use or even the lack of purposeful physical activity apparent in today's lifestyles, structural compensations (misalignments) and weaknesses almost always occur to some degree. This process in turn causes the premature breakdown of our musculoskeletal systems, making them susceptible to injury, reducing performance and quality of life and prolonging recovery. Left untreated, these compensations and weaknesses can lead to further misalignment.

#### **For health care providers:**

The Muscle Balance and Function Development® (MBF®) System promotes responsibility on the part of the practitioner and the patient. This method requires the health care professional to look beyond the symptom and seek the cause of any physical disorder. It challenges the participant to provide long-term solutions. Patients discover that they are primarily responsible for their own well-being. The MBF® System provides the patient with the means to restore his or her body to a higher level of function and health.

## **APPROACH**

The Muscle Balance and Function Development® System is a unique method of restoring function to the human body. It is a principle-based system that is grounded in the fundamentals of physics and biomechanics. This program's evaluation process reveals the muscular imbalances that cause postural misalignment, compensated motion, reduced performance, and injury. Postural realignment is then accomplished by applying a progression of *properly* sequenced exercises that have been systematically oriented toward each client's unique needs. These exercises target the intrinsic postural muscle groups and retrain the neuromuscular system, reminding each muscle of the function it was designed to perform. The exercises require minimal equipment and can be performed almost anywhere.

## **SCIENTIFIC APPLICATION**

The Muscle Balance and Function Development® System expands the fundamental concepts of biomechanics and physics by applying them to the human body. This approach addresses the importance of center of gravity and human segmental alignment, and examines how the planes of motion, right angle fundamentals, and muscular function powerfully affect this alignment, structural integrity, and human performance.

## **EDUCATIONAL SYSTEM**

The MBF® System provides the practitioner with a comprehensive complement to his or her existing approach to health care. Our company offers 76 hours of intensive training that can be arranged in various formats. The courses are designed to take the participant from the basic scientific foundations of movement through energetic awareness of his/her clients. The following is a general description of the introductory portion of this unique system. More information on the advanced phases can easily be provided.

The Muscle Balance and Function Development® training system educates the health care practitioner on the intrinsic postural/structural muscle function and development that is so critical to proper body function and body balance. Participants are taught how to apply the above-mentioned scientific principles and all the phases of improving structural alignment, including the importance of neuromuscular function. They will then learn how to recognize muscular imbalances and compensated motion and how they relate to ergonomics and sports. Through instruction and hands-on implementation, participants will then learn how to apply the MBF® System principles to choose and properly sequence the correct exercises to mitigate their clients' symptoms and enhance their performance.

## **PROGRAMS FOR INDIVIDUALS**

Since no two people are alike, each MBF® program is individually determined by a postural evaluation of the client's center of gravity from front, back, and right and left side views. Typically, most people exhibit compensations such as elevation, rotation or lateral displacement of their bodies' segments caused by imbalances in the body that may be the result of an accident, surgery or trauma, chronic over-use, or even inactivity.

The Muscle Balance and Function Development® programs are specific to each client, thus many participants experience immediate symptomatic relief upon completion of their exercises. Over time and through subsequent evaluations, each client is lead through a step-wise progression of exercises to better overall musculoskeletal function, higher quality of motion and life.

## **GEOFF GLUCKMAN, MSc**

As the creator of the Muscle Balance and Function Development® System in 1993, Geoff has provided seminars, workshops, and individual consultations for health care providers internationally.

He authored the internationally acclaimed *Muscle Balance and Function Development® CDROM* (1997) and related manuals, as well as several articles for journals.

He is credited with starting the postural and functional exercise revolution now in force in North America. This stemmed from a ground-breaking postural fitness article in *Shape Magazine* (November 1994) that featured him, including a specially designed MBF® functional exercise program for women.

In 2000, he appeared on the Body by Jake Healthy Lifestyles television show as the featured functional fitness and biomechanics expert. Over the years, he has presented at international conferences for organizations, such as 3rd Interdisciplinary World Congress on Low Back Pain, NSCA, and IDEA. He also served as a guest staff member of The Nicklaus/Flick Golf School and the Assistant Director of T.H.E. Clinic in Del Mar, California, home of The Egoscue Method. He holds a Master's Degree in Exercise Science and a Health/Fitness Instructor certification by the American College of Sports Medicine.

Because of his education efforts over the last two decades, including conferences in North America and Europe, a following has developed across several continents, and continues today.

In addition, June 2007 saw the publication of his debut spy thriller, *Deadly Exchange*. He drew from his training as a federal agent and recruitment by the CIA, as well as experience as an exercise physiologist and international lecturer.

Currently, he writes features for print publications in the United States, Canada, and Australia, such as *Iron Horse Magazine*, *Law Enforcement Technology*, *Credit Union Business*, and *Mini Rider*, and Earth Action Right Now, a non-profit organization.

In November 2007, he spoke at the Maryland Writers Association Baltimore Chapter meeting. Also, he was a featured speaker and author panelist at the Pulpwood Queens Book Club Annual Gala event in Texas, January 2008.

His poetry and fiction, *Unicorn Pain II*, *Broken Horns*, have been featured in several anthologies, *Teen Angst* (St. Martin's Press, April 2005), *A Far Off Place* (1995). Three years prior, an essay entitled, *Ultimately*, appeared in *Expectations* (1991).

## Muscle Balance & Function Development®(1/09)

### Description and Length of MBF® Courses

#### **34 hour Muscle Balance and Function Development® (Level I): System Introduction**

This course provides the necessary training for practitioners to become competent in the MBF® System. Through applying the basic concepts of physics to the human body, the system addresses the importance of center of gravity, segmental alignment, and how the planes of motion, right angle fundamentals, and muscular function effect overall posture and performance. Through lecture and hands-on practice with both class attendees and real world clients, participants are taught how to apply the principles to recognize muscular imbalances and compensated motion as well as properly sequence the correct exercises (over 60 are provided by demonstration, and in written form) to mitigate their clients' symptoms and enhance their performance. Students will receive the MBF® Level I Manual, Course Notebook, with an option to purchase the CD-ROM.

#### **Muscle Balance and Function Development® (Level II): Honing Your Skills**

This option offers our first 21-hour advanced level education and training course in the MBF® System. The practitioner is first shown a different way to view the human organism on the physical level through 3-D Right Angles, One Point Mechanics, and extensive practical application with the participants' clients. More than 15 new exercises and the Level II Manual are also provided. Next, participants are introduced to the psycho/emotional ramifications of the MBF® System. Here students explore the connection between these states of being and their potential effects on one's level of health, and how these effects may manifest themselves in their clients' physical beings from symptomatic and structural integrity viewpoints. The 34-hour Level I course is a mandatory prerequisite.

**Upper/Lower Strength and Power Routines for MBF® (Level III):** This 21-hour course option covers our current highest level of advanced education and training in the MBF® System. The practitioner begins to combine the principles of biomechanics and physics from Levels I and II and the psycho/emotional component from Level II with the energetic aspects of the human being as they relate to MBF®. It is in Level III that students work with applying this knowledge to "tie it all together" in order to formulate functional upper and lower body strength training routines, and to create a balance between the physical, psycho/emotional, and energetic realms. MBF® Levels I and II are mandatory prerequisites.

#### **Muscle Balance and Function Development® Internship:**

This method of education provides any practitioner, who has completed Level I or beyond, with an intensive hands-on learning experience applying the principles of the system. Typically structured over two consecutive days, a master level MBF® practitioner will supervise the evaluation, program design, and implementation of three clients each day in the clinic or location of the contracting practitioner. For each client there will be ample discussion time between the student and master practitioner. Each day is 7 hours (including time for lunch). Students receive a short workbook of sample postures with correct program design. MBF® Level I is a mandatory prerequisite.

**Muscle Balance & Function Development®(1/09)****Education Services** (All prices in USD)

**A. Private Course of Muscle Balance and Function Development®:** This course provides the necessary training for practitioners to become competent in the MBF® System. Through applying the basic concepts of physics to the human body, the system addresses the importance of center of gravity, segmental alignment, and how the planes of motion, right angle fundamentals, and muscular function effect overall posture and performance. Through lecture and hands-on practice with both class attendees and real world clients, participants are taught how to apply the principles to recognize muscular imbalances and compensated motion as well as properly sequence the correct exercises (over 60 are provided by demonstration and in written form) to mitigate their clients' symptoms and enhance their performance. Programs with clients will begin by the 18th hour. Students will receive the Level I Manual and course notebook. The MBF® CDROM is available for purchase. It is suggested taking the course in two 17-hour blocks, however the time frame can be adjusted for your specific needs. The hourly breakdown of the course is as follows:

1. Conceptual Training=4-6 hours
  2. Implementation Training=16-18 hours
  3. Supervision of Implementation =12 hours
- Fees: \$4500.00/group up to 10 participants, \$450/additional participant plus expenses (location dependent)

**B. Muscle Balance and Function Development®: Honing Your Skills**

This option offers our first 21 hour advanced level education and training course in the MBF® System. The practitioner is first shown a different way to view the human organism on the physical level through 3-D Right Angles, One Point Mechanics, and extensive practical application with the participants' clients. More than 20 new exercises and the Level II Manual are also provided. Next, participants are introduced to the psycho/emotional and energetic ramifications of the MBF® System. Here students explore the connection between these states of being and their potential effects on one's level of health, and how these effects may manifest themselves in their clients' physical beings from symptomatic and structural integrity viewpoints. The 34-hour Introductory course is a mandatory prerequisite.

Fees: \$3000.00/group up to 10 participants, \$300/additional participant plus expenses (location dependent)

**C. Upper/Lower Strength Routines for MBF® Development:** This 21 hour course option covers our current highest level of advanced education and training in the MBF® System. The practitioner begins to combine the principles of biomechanics and physics from Levels I and II and the psycho/emotional component from Level II with the energetic aspects of the human being as they relate to MBF®. It is in Level III that students work with applying this knowledge to "tie it all together" in order to formulate functional upper and lower body strength training routines, and to create a balance between the physical, psycho/emotional, through work with theory and practicals and application with outside clients. MBF® Levels I and II are mandatory prerequisites.

Fees: See Option C

D. **Advanced Instruction/Chart Review for MBF®:** This option is for the health care professional who has taken at least Option A and desires further one to one education through private continuing education training and/or client chart review utilizing email, video, or in clinic.  
\$120.00/hour (half hour minimum) plus expenses

E. **Muscle Balance and Function Development® Internship:** This option is designed for the health care practitioner who has completed Option A (at minimum) and desires further hands-on practice with the system principles, as applied to real client situations, and with supervision. Each day is 7 hours (including time for lunch). In essence, it is a confidence booster.  
\$250/day per student (plus expenses)

F. **MBF® Licensed Affiliate Program:** This option allows an approved practitioner (Level One prerequisite) to join the network of other Licensed Affiliates. The yearly membership offers exclusive use of the registered trademarks, Muscle Balance and Function Development® and MBF®, as well as free access to the online MBF® exercise database, listing on the official website, and all support materials to make your business a success.  
\$250/year (requires signed legal contract and requires one hour of chart review/advanced instruction per year)

G. **Online MBF® Exercise Database:** Access to this video database is controlled by password given to each practitioner that signs up for this option. The practitioner is able to grant access to their clients to help their clients better understand the exercises in their program.  
\$35/month for unlimited access to database (requires signed contract)

H. **Personal Programs via Email pictures assessment:** This option is designed to meet the needs of those who for demographic or other reasons are not able to see an MBF® practitioner in person. It involves the purchase of our MBF® CD-ROM\* as an exercise guide and sending pictures by email as means of evaluation. For detailed information, please request an information packet.  
\$200 for all evaluations and programs

I. **Muscle Balance and Function Development® Corporate Package:** This option is designed for corporations who wish to arrange services for their employees. Packages are customized to fit each corporation's specific needs. Please email to set a date for your MBF® consultation and to receive your package rate.

J. **Private Client MBF® Evaluations:** This option is designed for clients who desire a private evaluation. These sessions include a demographic intake and needs assessment, educational overview, comprehensive postural evaluation, exercise design and implementation, and follow-up contacts.  
All Evaluations with Geoff Gluckman, Msc. are \$200.00 each time

**Note: Any fees for services processed through entities, such as PayPal, will incur a small 5 percent service charge (approximately \$5 per \$100.00).**