

Bridging® Education Overview

Are you a curious, open-minded movement or therapeutic professional who wants to make a meaningful impact to their clients' lives?



Solve Movement Problems at the Source. Learning the Bridging® Technique will allow you to quickly identify and reset the root cause of pain, imbalance or mobility challenges. The systems-based approach brings clarity to complex cases where traditional methods leave you wondering what else can be done.

Achieve Better, Faster, and More Lasting Results.

Bridging uses gentle, precise movements that create immediate improvements in how clients move and feel—often within a single session. This leads to higher client satisfaction, stronger retention, and more referrals, whether you work in rehabilitation, fitness, or wellness.

Join a Community of Forward-Thinking Professionals.

As you progress, you'll join a growing network of professionals who value innovation, collaboration, and lifelong learning—while setting yourself apart in your field.

What is Bridging?

Bridging is an innovative way to achieve fast, long-lasting results for your patients/clients with pain, balance or coordination challenges, and children with motor skill needs. It is comprised of two parts—problem-solving and resetting muscle pairing. The problem-solving process is a systems-based way of viewing the movement and physics of the body's structure.

Who can Bridging help?

Anyone ages 0-99+ with unresolved pain, balance concerns, stroke or degenerative conditions, and children who have behavioral and/or motor skill challenges. The reset process is hands-on with gentle support of the body's structure with an applied micro-stretch to reset muscle group pairing.

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Bridging is a tool that allows you to make a real difference IMMEDIATELY.” — Chris K. (OT)

“

Bridging lets you fix all the things you wish you could fix but didn't know how to deal with.” — Jen R. (Functional DC)

“

You'll see the changes that usually take longer, or you can't even do—change! And it's easier to document since the changes are tangible.” — Carol K. (PT)



Cara Lindell
**Founder, Bridging® Institute
& Technique**

Cara developed the Bridging® technique over years while trying to optimize balance

training for adults and children. As the work evolved, early developmental relationships became clear, and how these supported the physics of the body's structure. The technique continues to evolve in detail as trends with specific types of movement disruptors become clear.

What are key concepts within Bridging and how does it work?

The body and sensory systems work best when the following are present: stability with respect to the ground, between right and left sides of the body, and the flow of movement from limbs to core, and core to limbs.

What is the theoretical basis for Bridging?

There are three distinct parts to the theoretical base of Bridging—fetal/infant movement development, physics of movement within the body, and neuromuscular principles.

Courses (3 Modules per Course)

Level 1: Bridging Basics

- 1.1 The Bridging story, framework, and process
- 1.2 Muscle organization hierarchy
- 1.3 General core-limb muscle reset and rebalance

Level 2: Bridging Applications

- 2.1 Primary three muscle coordination disrupter categories
- 2.2 Common types of disrupters and tips for working with them
- 2.3 The body's organizing role of the diaphragm and respiration

Level 3: Bridging Foundations

- 3.1 The fetal and infant movement construct behind Bridging
- 3.2 The progression of skills to rebuild sustainable muscle coordination
- 3.3 Uncovering missing or skipped muscle coordination steps

Each Level 1, 2, and 3 course includes:

3 Weekend Workshops	6 hours each (18 hours total)	In-person, streaming, and recorded options
3 Online Discussions	1 hour each via Zoom (3 hours total)	Approximately two weeks after each workshop
3 Sets of Video Mini Lessons	2 hours total per module (6 hours total)	Via online streaming

All materials and videos are posted in an online learning management system. Your access to the materials will continue after the course is completed.

Certification and On-going Learning Community

Certification requirements include additional coursework, practical work, case studies, and exams.

Bridging Certification

- Receive supervised practice and mentoring
- Apply your skills to your specific population to integrate with your prior knowledge base
- Be recognized as a forward looking, innovative movement professional

Bridging Mastery

- Monthly professional discussions
- Quarterly skill-building workshops



Registration

Via the Education page on the website, or scan the QR code.