

Bridging® Education Overview



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

“
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)

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



Feel the Difference. See the Results. Right Away!

Bridging is “literally the bridge” to everything else you do — once the body is organized, subsequent therapeutic and movement work lands differently so the changes from treatment hold at a deeper level. Your clients will improve faster and hold their progress longer between sessions. A powerful addition to all rehab, fitness and movement-based practices!

Learn a Proven Framework — to Make Your Work More Effective!

Rather than treating one body part in isolation, Bridging provides a framework to look at the whole person while accounting for the full history of trauma and injury that accumulates over a lifetime. For clients with complex, multi-site pain where it's hard to know where to start, this system gives a clear entry point and subsequent process to follow.

A Versatile Tool That Complements What You Already Do

Bridging doesn't replace your existing approach — it enhances it. It is “another tool in the toolbox,” one that adds a fresh perspective and a reliable whole-body assessment system. For clinicians who want to offer more without overhauling their practice, the technique integrates naturally alongside existing modalities.

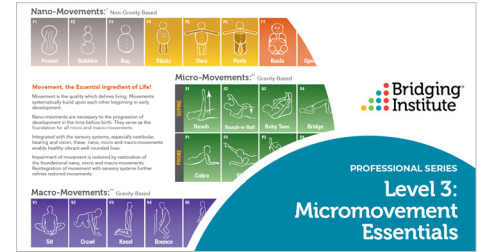
Calming the Nervous System First, So Everything Else Works Better

Bridging helps organize and settle the client's breath, tissue, and nervous system before deeper work using other modalities begins. This approach reliably reduces overall pain, including extremity pain, and improves movement assessment scores. When the body's structural and nervous systems are organized, clients are simply more receptive to treatment.

It's Gentler on Your Body and Easier to Use

Bridging is significantly easier physically than other modalities — an important consideration for professionals managing their own long-term career sustainability. The technique uses gentle micromovements rather than aggressive intervention, making it accessible for a wide range of clients including pediatrics and those with chronic pain.

Bridging[®] Education Courses



Cara Lindell
Founder, Bridging[®]
Institute & Technique



Cara, a systems engineer and movement specialist, developed the Bridging[®] technique 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 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. The reset process is hands-on with gentle support of the body's structure with an applied micro-stretch to reset muscle group pairing.

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.

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, symmetry between right and left sides of the body, and the bidirectional 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.



Registration

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