

# Balanced Ligamentous Tension (BLT) (and Ligamentous Articular Strain)

Ligamentous Articular Strain (LAS):

Somatic dysfunction resulting in abnormal ligamentous tension or strain.

— ECOP, 2018

Balanced Ligamentous Tension (BLT):

The precise physiologic point in which proprioceptive information provided by the ligaments allows the body to equalize the stresses exerted on an articulation in all directions.

— ECOP, 2018

**BLT Treatment Method:**

**A method involving the minimization of peri-articular tissue load and the placement of the affected ligaments in a position of equal tension in all appropriate planes so that the body's inherent forces can resolve the somatic dysfunction.**

— ECOP, 2018

“All joints in the body are balanced ligamentous articular mechanisms.

Ligaments provide proprioceptive input to guide muscle response and motion.”

— Foundations & Glossary of  
Osteopathic Terminology