

Mid Side Technique

1. Create a Stereo Audio track. You will import or drag your audio onto this track.
 - a. Set the output to Bus 1-2
 - b. Solo safe this track (Ctrl + click on solo)
2. Create 2 Stereo Aux tracks.
 - a. Name one "Mid" and the other "Sides"
 - b. Set the inputs to Bus 1-2
 - c. Set the output of Mid to Bus 3
 - d. Set the output of Sides to Bus 4
 - e. Reduce the volume by 6.0db on both tracks
 - f. Solo safe these tracks (Ctrl + click on solo)
3. Create 1 Mono Aux tracks.
 - a. Name the first "Mid Mix"
 - b. Set the input to Bus 3
 - c. Set the output to Bus 7-8
 - d. Apply Mid channel processing and solo the mid here
4. Create 2 Mono Aux tracks.
 - a. Name the first track "Left"
 - b. Name the second track "Right"
 - c. Set the inputs to Bus 4
 - d. Set the outputs to Bus 5-6
 - e. Solo safe these tracks (Ctrl + click on solo)
5. Create a Stereo Aux track.
 - a. Name the track "L-R Mix"
 - b. Set the input to Bus 5-6
 - c. Set the output to Bus 7-8
 - e. Apply Side channel processing and solo the mid here
6. Create a Stereo Aux track.
 - a. Name the track "Summed"
 - b. Set the input to Bus 7-8
 - c. Set the output to your audio outs or another aux
 - d. Solo safe this track (Ctrl + click on solo)
 - e. Can apply full stereo processing here

7. Insert the Time Adjuster plugin on all tracks in steps 2-4
 - a. Flip the phase on the RIGHT side of the Sides channel track
 - b. Flip the phase on the Right channel track

To create a reference bus

1. Create a send on the audio track.
 - a. Set to Bus 9-10
 - b. Click the "Pre" button on the send to make it Pre-Fader
 - c. Set the volume to unity (0)
2. Create a Stereo aux track.
 - a. Name the track "Reference"
 - b. Set the input to Bus 9-10
 - c. Set the output to final output to bypass any processing
3. You can use the Bus send or the Stereo aux track to mute the reference and mute the audio track for the processed track.

For accompanying information: <http://www.pro-tools-pc.com/mid-side-technique-pro-tools/>

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