

## What Impacts Postural Alignment?

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- **Gravity** – The constant state of compression on our upright structure that can exaggerate or flatten our spinal curves.
- **Pain** – The guarding that occurs to protect and shorten a painful area, resulting in twists and turns in the body.
- **Emotions** – Collapsing parts of the body to protect our “heart” or inner being for emotional survival.
- **Habits** – Unconscious, asymmetrical patterns that get incorporated into our body.
- **Illness** – Overburdened organs react by tightening their facial coverings, creating internal torsion patterns.
- **Stress** – Stress hormones get released to protect us by hardening our tissues, making us less resilient.
- **Accidents** – The body’s protective reaction to physical trauma, such as a car or sports accident, a fall, etc.

**Rolfing®**

### **Hand-N-Hand Therapy**

4141 N. Henderson Road  
Plaza Suite 8  
Arlington, VA 22203  
Phone: 703-527-8446  
Fax: 703-527-1752  
[www.handnhandtherapy.com](http://www.handnhandtherapy.com)

## What Is Rolfing®?

Rolfing®, also known as Structural Integration, was first developed by biochemist Dr. Ida P. Rolf. Dr. Rolf was looking for a way to help her arthritic child. She discovered by manipulating fascia, the connective tissue of the body, she could realign her son's joints and posture. Over the past 60 years, this form of bodywork has evolved and is now one of the most predominant interventions in the world of manual therapy. Rolfing® has a standard set of ten sessions that are recommended to address all aspects of your body.

Through this hands on approach, Rolfing® works with the fascia by releasing chronic habitual strain patterns, injuries from traumatic accidents, and tension. Fascia is the most prevalent tissue in the body and is responsible for connecting and shaping your body. This highly versatile tissue surrounds the muscles and internal organs. It is what makes up the ligaments and tendons. It can be as tough as steel or as delicate as a spider web. Its' function is to support the structures of the body. One of the hallmark properties of fascia is the ability to maintain shape, and because of this, patterns of dysfunction or stress tend to stay inside the tissue. Damage to fascia is slow healing, but with specific techniques geared to stretch and soften this tissue, fascia can be changed. This is why everyone always says it is better to break an ankle than to sprain one.

## What Can Rolfing® Do For You?

Rolfing® can free up old tension patterns, reduce or take away chronic pain, improve posture, and help people move with more ease and grace. It can be very useful by itself or in conjunction with other treatment modalities, such as acupuncture, Pilates, yoga or physical therapy. Many people who go through the 10 sessions remark that they feel better in their bodies and have a better handle on their self-awareness. Some people feel that Rolfing® can be used as a means to get in touch with long forgotten and stored memories, allowing them to release their patterns of stress and strain.

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## Could You Benefit From Rolfing®?

Almost anyone could benefit from Rolfing®. However, it is helpful to have a fairly healthy immune system. If you have a chronic problem such as Fibromyalgia, Chronic Fatigue Syndrome or Lyme, it is recommended that you not be in an acute flare. Typically, athletes benefit from having more efficient movement patterns, moms learn how to manage the physical demands of parenting small children without jeopardizing their backs, and people with desk jobs learn how to sit and work in a manner that supports their bodies instead of damaging them.

## What To Expect

When you come for a Rolfing® session, you will be asked to bring sports clothing for women or jogging shorts for men. Each session starts with a visual evaluation by the practitioner and you may be asked to walk or move so the practitioner can observe how your fascia is functioning. Most of the hour will be spent on the table where your fascia will be manipulated by varying depths of touch.

The Rolfer uses their fingers, elbows, and knuckles to gently stretch and mobilize the hardened fascia. The Rolfer always works in partnership with you, relying on your feedback about intensity and firmness of pressure. When the session is over you will once again be asked to stand and move, allowing the practitioner to gather visual feedback.

At the conclusion of the session, an "awareness-type" exercise plan may be given for you to do between Rolfing® appointments. That same evening you may experience sensations of ease, or may even be a little achy. Taking a hot bath and drinking water are helpful ways to minimize side effects that may occur with this type of technique. The release of toxins that have been trapped for years in your tissues may even change the appearance function of your elimination system.