

What is Rolfing?

Rolfing is a therapy that methodically rebalances the body. It frees the body from restrictions as it releases stresses, strains and tensions that we hold in our physical structure. It improves flexibility and range of motion, restoring ease in the way we utilize our bodies in all of our daily activities.

This restored freedom leads to a sense of increased physical vitality with less effort, more graceful movements, noticeably higher levels of energy, improved health and physical appearance. In addition to the physiological benefits, it is common for positive results to arise in one's overall psychological/emotional well being as this history of tension is released.

Rolfing is not only an effective and efficient form of body therapy which treats already present structural problems, it is also a preventive approach to help one maintain an overall sense of well being and an improved quality of life.

How Does Rolfing Work?

Rolfing works systematically on the body's network of connective tissue (tendons, ligaments, the outer wrappings of individual muscle, muscle groups and internal organs). Through a combination of slow, applied

pressure in conjunction with gentle movements, the connective tissue (fascia) is released, allowing it to become soft, rehydrated and pliable. The fascia is the body's organ of structure, giving the body its shape and determining the limits of its movement. Rolfing can reverse the effects of injury and environmental influences. Healthy tissue is hydrated, supple and elastic, but can easily thicken and lose mobility if compressed, torqued or twisted and in turn can lose elasticity and actually stick to itself and harden when injured. Likewise tissue can become flaccid and toneless if overstretched or underused. These conditions limit muscle mobility and movement in the affected area thereby allowing gravity to pull the body's natural alignment out of balance. This results in the compensation of other muscle groups which can progress into new patterns of misalignment, leading to stress, pain, soreness, tension, or lack of energy elsewhere in the body.

Rolfing works to rebalance these patterns, enabling the body to realign itself correctly.

Dr. Ida P. Rolf received her Ph.D. in bio-chemistry from Columbia University in 1920, and furthered her knowledge of the body through her scientific work in organic chemistry at the Rockefeller Institute. Dr. Rolf spent nearly 50 years perfecting the techniques of the work she called *Structural Integration*, which later became known as Rolfing. Her extensive research led her to examine many systems, including traditional **osteopathy** and **yoga**, which studied the effects of structure on function.



What Does Rolfing Feel Like?

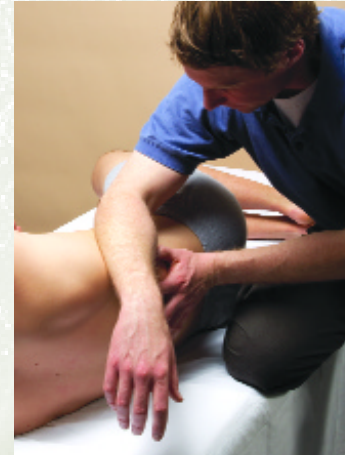
Rolfing generally feels like slow, applied pressure, similar to a deep tissue or myofascial massage. Today Rolfing is practiced with more effective results using gentle techniques ranging from light to deeper pressure. Sensations range from pleasurable to a deep feeling of release, depending on factors such

as past injuries and chronic stress that can be physical or emotionally related.

Movement feels easier and more resourceful. Chronic pain or discomfort often disappears rapidly or is greatly reduced throughout the sessions.

The results of Rolfing are not only lasting, they are continuing.

Clients report feeling and looking better several months after their last session.



Why Should You Be Rolfed?

Many people turn to Rolfing for the release of symptoms of pain, tension, stress, both physical and emotional, after other more traditional methodologies fail. Others wish to improve their abilities in sports, yoga, work or the performing arts. Still others are looking for a better way to cope with stress, and lack of energy that can lead to depression. Rolfing helps by bringing the body back to its natural state, allowing optimal performance, awareness and coordination.





Research Findings

The effectiveness of Roling has been substantiated through numerous published studies available through The Rolf Institute. A UCLA study conducted by Dr. Valerie Hunt and Dr. Wayne Massey documents that Roling achieves its goal: "to create and maintain a more balanced energy system which conserves energy rather than expends it."

Researchers found that among clients who completed ten sessions of Roling, compared to a matched sample that had not received Roling, movements were smoother, more dynamic and less constrained; there were fewer extraneous movements, carriage was more erect with less straining to maintain a balanced stance.



Christopher Richardson graduated from the Rolf Institute of Structural Integration in Boulder, Colorado. He possesses a Bachelor of Science degree in kinesiology/physical education. He has recently completed studies in biodynamic osteopathy and various advanced Roling classes.

Chris lived a physically demanding life in Colorado for 10 years. He worked as youth fitness director at the YMCA, taught adaptive skiing to disabled, paralyzed and autistic students at the Breckenridge Outdoor Education Center for eight years, a carpenter building houses, and as a logistician for Doctors Without Borders. Chris climbed, mountain biked and skied regularly which eventually led to chronic low back and shoulder pain. His injuries, combined with an intuitive interest in the human sciences, nutrition, alternative medicine and sports, led him to pursue holistic health care philosophies which led him to the highly successful and lasting results of Roling.



Christopher Richardson

CERTIFIED ADVANCED ROLFER®

808.888.9550

283 Grove View Dr.
Hockessin, DE 19707

chris@rolfingnow.com

"One individual may experience his losing fight with gravity as a sharp pain in the back, another as the unflattering contour of his body, another as constant fatigue, and yet another as an unrelenting threatening environment. Those over forty may call it old age; yet all these signals may be pointing to a single problem so prominent in their own structures and the structures of others that it has been ignored: they are off balance; they are all at war with gravity."

-Dr. Ida P. Rolf

The
**Whole Body Approach
to Well Being**

Christopher Richardson
CERTIFIED ROLFER



ROLFING
Structural Integration