

What is Rolfing?

Rolfing is a system of soft tissue manipulation and movement education that organizes the whole body in gravity. Rolfing affects the body's posture and structure by manipulating the myofascial system (connective tissue). Research has demonstrated that Rolfing creates more efficient muscle use, allows the body to conserve energy, and creates more economical and refined patterns of movement. Rolfing has also been shown to significantly reduce chronic stress, reduce spinal curvature in subjects with lordosis (sway back), and enhance neurological functioning.

People seek Rolfing as a way to reduce pain and chronic stress, generally resulting from physical and emotional traumas. Rolfing is used by many professional athletes, dancers and entertainers to improve performance. Some manufacturing companies have employed Rolfing to decrease workers compensation costs due to repetitive stress injuries. And, based on the mind / body connection, many counselors and therapists are incorporating Rolfing in the therapeutic approach. Greater physical support and flexibility ultimately influence emotions and energy levels.

Rolfing structural integration is named after its creator, Dr. Ida P. Rolf. Dr. Rolf received her Ph.D. in biochemistry from Columbia University in 1920 and furthered her knowledge of the body through her scientific work in organic chemistry at the Rockefeller Institute. Her extensive search for solutions to family health problems led her to examine many systems that studied the effect of structure and function, including yoga, osteopathy and chiropractic medicine. Dr. Rolf combined her research with her scientific knowledge to stimulate a deeper appreciation of the body's structural order, resulting in the theory and practice of Rolfing.