

## Rolfing FAQ

### Why Fascia is so important?

Fascia is a continuous network of connective tissue that surrounds muscle and organs in our bodies. It is a strong, tough covering composed mainly of collagen fibers, water and other proteins which give fascia a web like quality. If we could look at just the fascia in the body we would see a blue print if you will of the body made of fascial planes. Sensory nerves are found throughout the various fascial planes giving our nervous system a sense of where our body is in space or proprioception.

### What Should I Expect from Your Rolfing Sessions?

The goal of Rolfing is to adjust the fascia and find the optimal body position for each individual, regardless of age, physical condition or infirmities. This is done with my hands on your body. The manipulations of Rolfing help to stretch, loosen and rehydrate the fascia so it can be more supple and resilient. We also work with movement in a Rolfing session to teach the body new patterns thus allowing the body to move in a more graceful and aligned manner. Once this is accomplished the results include more freedom of movement, reduced stress, and a greater sense of self and well-being. Rolfing may sound similar to a deep massage of the muscles. However, Rolfing differs from traditional massage in the several ways. Massage seeks to relieve various symptoms of pain and tension which is very good but the results are often short lived. Rolfing directly addresses the cause of those symptoms so that the results are longer lasting and symptoms may not recur at all. Those receiving Rolfing treatments can also become more aware of their bodies and physical abilities and are thus empowered to sustain Rolfing's benefits.

### What is the 10 Series?

Rolfing also differs from traditional massage in the way it focuses on the individual and specific parts of the body during a series of 10 sessions, which generally follow a set regimen. This is known as the "10 series" or "the Recipe". Over time these 10 sessions have proven to provide the most benefits of Rolfing. Some people may be satisfied after fewer sessions and some people may require more. Additional sessions can also be modified and customized to address specific needs of the individual. The sessions are usually scheduled within one to 4 weeks of each other and last up to 75 minutes each. Payment is made at each individual session and I recommend scheduling about 3 appointments at a time. The Rolfing session may involve receiving work while lying on a massage table and sitting or moving in the room. Clients are asked wear undergarments that they feel comfortable moving in or gym shorts during the sessions. They can also be draped if they prefer.

### Does Rolfing Hurt?

Rolfing does not have to hurt. It has been reported that Rolfing "hurts" and as a result some people are nervous about the amount of pain that may be involved in these sessions. Depending on the condition of the fascia some of the manipulation can be firm or intense but the client should always have a sense that the work is beneficial. Since Rolfing depends on good communication between the Rolfer and the client, pain need never be a concern. I am from a new generation of Rolfers trained in techniques that allow for pain free Rolfing. Most Rolfing feels quite good and may offer immediate results allowing a feeling of lightness and freedom of movement. Another aspect of Rolfing includes movement education and integration which help transform movement patterns that may have contributed to tension and pain in the body allowing greater ease in movement and freedom of expression.

What are the differences between Rolfing and other types of therapeutic bodywork (Chiropractic, Massage, etc)?

Rolfing works with three-dimensional soft issue patterns that limit comfort, balance and alignment. It is a process of gradually and progressively easing the body's strain to evoke order, support and efficient movement. Rolfing works with individualised treatment plans tailored specifically to each client's needs and the reasons they seek Rolfing. Although Rolfing has profoundly influenced a great number of therapies, it is not a form of deep tissue massage or myofascial release

therapy. From the Rolfing perspective, if the whole body is not properly prepared to receive the effects of local manipulations, either the change will not be maintained or strain will show up in other areas.

#### Chiropractic

is primarily concerned with freeing spinal joint restrictions and promoting nerve flow to and from the spine. It does not address the soft tissue patterns of the whole body and their influence on structural balance. Rolfing uses soft tissue techniques to treat bone-to-bone restrictions that are a part of the overall body pattern. Rolfing and Chiropractic care are compatible and can be complimentary.

Massage is a broad term that refers to many styles of bodywork. In general, massage promotes relaxation and blood flow. Some "deep tissue" massage works to release local patterns of structural strain, but this is not usually done as part of a strategy to balance the whole body. Although massage is relaxing, you may find the same area bothering you again shortly after you leave the office.

This is because the area that hurts is often a compensatory or secondary issue, which massage doesn't address.