



ARTFUL HEALTHCARE

10 Steps to a More Efficient Relationship with your Body

Helen Goodrum - Certified Rolfer™ & Rolf Movement® Practitioner

Invest in your Body, Befriend Gravity and Get Rolfed

“After a lifetime of chiropractic, massage, yoga, and other modalities, Rolfing has helped me to feel more comfortable in my body, less pain, and more myself than I thought was possible. Rolfing has changed my life!” - Helen’s Client

What is Rolfing®?

Rolfing® Structural Integration (SI) is a physical therapy technique that improves posture and quality of movement through manipulation of fascia (connective tissue), and movement education of body perception and coordination. Rolfing® addresses the body as an integral whole, bringing the client greater efficiency, consciousness and awareness in movement.

Rolfers™ recognize the body as an inherent system of interconnected organic tissue networks, linking muscles, bones, nerves and organs. Working with this system they release, realign and rebalance the body as a whole, enabling clients to regain their integral form, increasing efficiency and freedom of movement. The way we walk, stand and sit all have an impact on our long term health. Patterns of movement are often learned at a young age and bear the imprint of our personal and cultural histories. Rolfing® unwinds physical patterns that are not serving us in our lives.

What are the benefits of Rolfing®?

- Increase the ease of your movement & flexibility
- Reduce levels of stress and tension
- Enhance your athletic/physical performance
- Restore physical & psychological balance
- Resolve and/or diffuse pain
- Understand injuries & Improve body awareness
- Bring more efficient body alignment/posture

“I went to hot yoga this morning and had the strongest workout in a couple of years. My range of motion on the right side, while still not great, was much improved, I attribute that to our ONE session together so I am excited about the next 9!” - Helen’s Client

“Wow I think you pushed a get going button and I was still feeling energetic when I finished vacuuming at 9:45pm!! Thanks so much. My sessions with you are the highlight of my month.” - Helen’s Client

What to expect in a session?

60 minute private Structural Integration Session

Whether you desire a relaxing ‘time out’ experience or are ready to adventure into searching for your higher self, a Rolfing® SI session can leave you feeling great! Rolfing® sessions can be a one-off tune up experience, focusing on a physical ache/pain, or you can select the Rolfing® Ten Series (10 sessions) to realign your whole self. Each Rolfing® session caters specifically to the individual client.

The Rolfer™ manipulates the fascia with the aim of improving body alignment and functioning, thus a Rolfer™ not only works where a client may be experiencing pain, but the whole body. Rolfing® is a holistic modality that brings your structure and posture into their full potential, realigning imbalances and reducing lines of tension and therefore pain. A Rolfers™ focus on manipulating fascia is what distinguishes it from chiropractors, who deal with bones and from therapeutic massage, which works on muscles.

“I have had hundreds of body work sessions, and Helen is possibly the finest bodyworker I have had the pleasure to work with. She combines a first rate knowledge of the body with an intuitive sense of where my body needs to go, challenging me, but never pushing too hard. I always walk away having learned something and with stuff to practice in my daily life. She is gentle, straightforward and humorous, and I feel sure she will put you at ease. Everyone should experience the benefits of Rolfing®, especially with Helen.” - Helen’s Client

Is Rolfing® Painful?

The modality Rolfing® SI, like the medical system, has evolved over the past 60 years. Originally only males were admitted into the school as it was believed a Rolfer™ needed large hands!

Thankfully the medical world has seen an increase in understanding of the body and the nervous system which has changed the direction of the Rolfing® technique. A Rolfer™ is able to have a lasting effect on a client’s body with very little pressure: Rolfers™ recognize that gentle contact with the body can have just as much of an affect as pressing with all their weight. Rolfing® does not follow the mantra “no pain, no gain”. Rolfing® uses subtle pressure and is always finding ways to ensure the clients nervous system is cared for. Contemporary medical research deepens our knowledge of fascial and muscular tone and the connection of fascial mechanoreceptors that send information to the central nervous system

At times Rolfing® may feel like a deep tissue massage, perhaps strong or intense. However, unlike massage which is focusing on relaxation of the muscle, a Rolfer™ is focusing on the fascia. This may be stubborn in certain areas, particularly if the client has scarred or adhered tissue. Rolfing®

should never be more painful than the pain your body may already be experiencing before a Rolwing® session. A Rolfer™ respects a clients' boundaries and understands the modern pain science, in relation to the perception of pain it is mediated by the nervous system (for example, anxiety can make the physical body feel more pain). A Rolfer™ will ask the client to always inform them if the intensity becomes too much.

“Don't force things. If you've done your preparation right you don't have to force things. There's a steadiness, a gradual straightening that organises the body”. - Ida Rolf

Rolwing® - The Basic Ten Series

The Rolwing® Basic Ten Series was developed by the founder Ida Rolf and grew from her research of touch and movement. The series consists of ten sessions that journey around the body, realigning the body to be more efficient in gravity. The ten sessions are separated into three cycles;

- **Cycle 1 - Sleeve** (session 1-3): Superficial connective tissue, preparing the body
- **Cycle 2 - Core** (session 4-7): Addressing deep connective fascia
- **Cycle 3 - Integration** (session 8 -10): Dedicated to bringing the body into wholism

The strategy of the ten series is to work through the fascial layers, restoring each section in relation to the other. The sessions combine to free, align and refit each part of the clients' body into a unified whole and integrate purposeful change.

“The work I have received from [Helen] is deeply skilled, thoughtful, healing, intelligent and I have learned so much about my body and it's old patterns..... We are lucky to have her here in Prescott, check her out!!!!!!” - Helen's Client

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