

# Move Better, Feel Better, Perform Better

Shannon Myers MS, FAFS, FRC, Board Certified Structural Integration Practitioner

## Move Better, Feel Better, Perform Better with Structural Integration

Would you like to mitigate injury, alleviate pain, and improve your functional or athletic performance? You can with Structural Integration (SI) and movement education. SI is a type of soft tissue therapy that focuses on the connective tissue, or fascia, of the entire body. It can dramatically alter your structure and posture. It can restore and enhance flexibility, revitalize energy and balance and restore freedom of motion in your joints.

Structural Integration facilitates more efficient use of muscles, allowing your body to conserve energy and create more refined patterns of movement with less effort. It reduces chronic stress and enhances neurological functioning.

Benefits of Structural Integration include:

- increase flexibility and ease of movement
- increase energy and vitality
- improve balance
- release chronic pain, tension and stress
- enhance physical performance
- improve posture
- improve athletic performance
- enhance body awareness
- reduce effort in activity
- look and feel younger
- expand your sense of well being

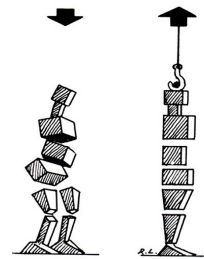
**What is fascia?** Fascia surrounds muscles, bones, blood vessels, organs and nerves, binding some structures together while permitting others to slide smoothly over each other. It's designed to be elastic and move freely with muscles and bones. This fascial net, or connective tissue matrix is



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continuous throughout the body in web-like layers., it is the body's internal system of flexible support - giving it strength and shape. This fascial system responds to injury, chronic tension and habitual movement patterns by shortening from both the forces of gravity and the mechanical forces of habitual movement patterns. When your fascia shortens, thickens and becomes glue-like, it locks in less-than optimal patterns of strain and pulls your body out of alignment. Dr. Rolf's work is based on the insight that your body is more at ease and functions most effectively when it's structure is balanced along the vertical line of gravity. In this place, gravity gently lifts and supports your body rather than pulling it down, By systematically restoring the integrity of your fascial system, your body becomes aligned and the entire system can be a smoothly functioning and coordinated whole.

**Dr. Ida Rolf** developed the process of Structural Integration as a holistic system combining soft tissue manipulation and movement education to restore the body to its natural state of alignment and balance - by lengthening, restoring, and reorganizing the FASCIA, the connective tissue matrix that permeates and holds the body together.



Dr. Rolf believed form determines function. Structural integration can create a more adaptable and supportive form that can function more optimally in the field of gravity.

**The field of gravity** is an unseen force consistently in interaction with the human body. Structural Integration re-educates the person and the human body to live and move in harmony with the field of gravity instead of being in conflict with it.

## The Structure of the Ten - Series

Structural Integration is a system used to align and balance the physical body within its gravitational field by freeing and reorganizing the fascia. Dr. Rolf discovered that the body is organized in layers and that in order to create lasting change, the structural organization series must create length and space in the outermost layers before working with deeper, more core layers in the body. Structural Integration is a 'system' of sessions, each building upon the last until complete integration of the body is achieved. The first three sessions are called, "The Sleeve," and cover the superficial fascia, the middle four sessions are called, "The Core," and cover the deeper myofascial structures and the last three sessions are called "Integrative," and create structural and

functional adaptability within the body.

## The Beginning: sessions 1-3:

Sessions 1-3 are the **superficial sessions**. The "sleeve" of your body is the outer fascial layer just underneath the skin. This is the part of your body that does the "doing," the fast movements. You can think of the sleeve as a stocking or thin wet-suit covering the entire body. The goal is to release and open the superficial sleeve of fascia, to organize and lengthen the extrinsic layers. This creates space for the deeper layers of tissue to unwind, release and move into that open space.

### Session 1 - Opening the sleeve

You will get the sense of lift in your body. Expand breath capacity by releasing the superficial fascia of the ribs and thorax. This session includes work on the ribcage, sternum, shoulders, neck, lateral hips and hamstrings.

### Session 2 - Support for the body

You will get a sense of grounding in your body. Your feet will be more fluid and adaptable as they support the vertical dimensions of your body. This session includes work on the feet, arches, ankles, front and back of the legs.

### Session 3 - Lateral line

You will experience the dimension of depth (front to back balance) with work on each side of the body, freedom of the ribcage from the pelvis and freedom of the arms and shoulder girdle from the spine. This session includes work on the neck, arms, shoulders, ribcage, pelvis, and legs.

## The Middle: 4-7:

These are also referred to as the **"core," sessions**. The "Core" of your body is defined as the structures that lie close to the spine, the inner fascial layers. This part of your body is your "beingness," the area of slow, postural movements. The goal of these sessions is to open, lengthen and organize these intrinsic layers.

### Session 4 - Medial Line

You will build up core support and strength from your feet to your pelvis from the inside of the legs, inside arches, ankles inside legs through your legs to the bottom of your core. You will experience more lift in your body from the bottom up with the legs supporting your core space or pelvic floor. This session includes work on the feet, arches, ankles, knees, inside of legs and pelvic floor.

### Session 5 - Anterior Line

#### Visceral organization and Core Activation

You will extend and lengthen your line of support up to the head along the front of the spine. This will further your sense of lift through the center by freeing deeper pelvic and abdominal restrictions. You will also get a sense of leg movement from the core, rather than from the hips and adaptability and undulation of the spine. This session includes work on front of the legs, abdomen, psoas (hip flexors),

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diaphragm, ribs and sternum.

### Session 6 - Posterior Line

You will continue to extend and lengthen your line of support up to the head along the back of the spine, balancing out the work in session 5. You will experience movement from your legs to your undulating spine. This session includes work on the backside of your ankles, calves, legs, gluteals, deep external rotators of the hip, sacrum, upper and lower spine.

### Session 7 - Adaptability

All the work up to this point has been necessary before organizing the head and neck. You will feel the relationship of your head and neck as a fluid extension of your spine and more aligned and on top of your shoulder girdle. This session includes work on the chest, shoulders, neck, face, jaw, nose and cranium.

## The End: 8-10

The first seven sessions are about taking the body apart to get the individual parts working better. The last cycle of sessions is about putting the individual parts back together into a better functioning whole. Sessions 8 - 10 are the integrative sessions. This is the place where the sleeve and the core meet and interact. You will begin to experience motion, initiated by your core layer, smoothly and efficiently transmit out through the sleeve layer of your body.

### Session 8 - Structural Integration

You will experience a secure foundation in the pelvis and legs for the upper body, neck and head to be supported. This creates a sense of stability and adaptability in your body. This session includes work on the pelvis, legs and hips.

### Session 9 - Functional Integration

This session is the other half of 8. You will experience contralateral movement in your body. You will feel the transfer of motion and energy from the core to the sleeve. All movement will start to initiate from the lumbodorsal hinge-the area in front of the vertebral column at the mid to lower back. This session includes work on the arms, shoulders, chest, back, head and neck

### Session 10 - Integration

You will have a sense of your body being connected and aligned around the line, the vertical axis of gravity. You will have a full sense of your body in 3 dimensions and moving in any direction with equal ease. This session includes work the ankles, knees, hips, diaphragm, head and neck.

Shannon Myers

Movement Specialist & Manual Therapist  
shannon@athleticmovementclub.com



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