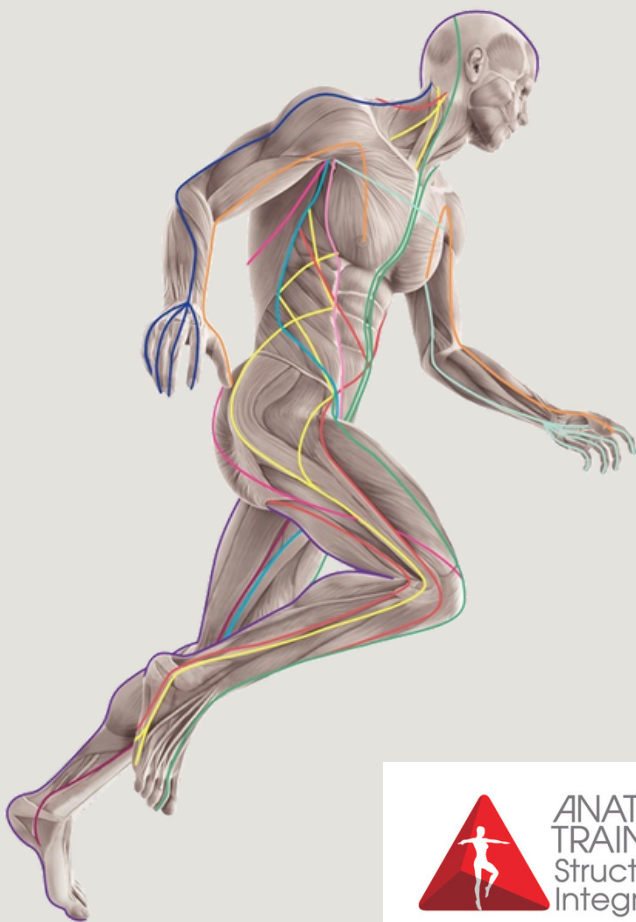


# Anatomy Trains Structural Integration ATSI



Profound Layer

BY HILDA  
GREENWILL



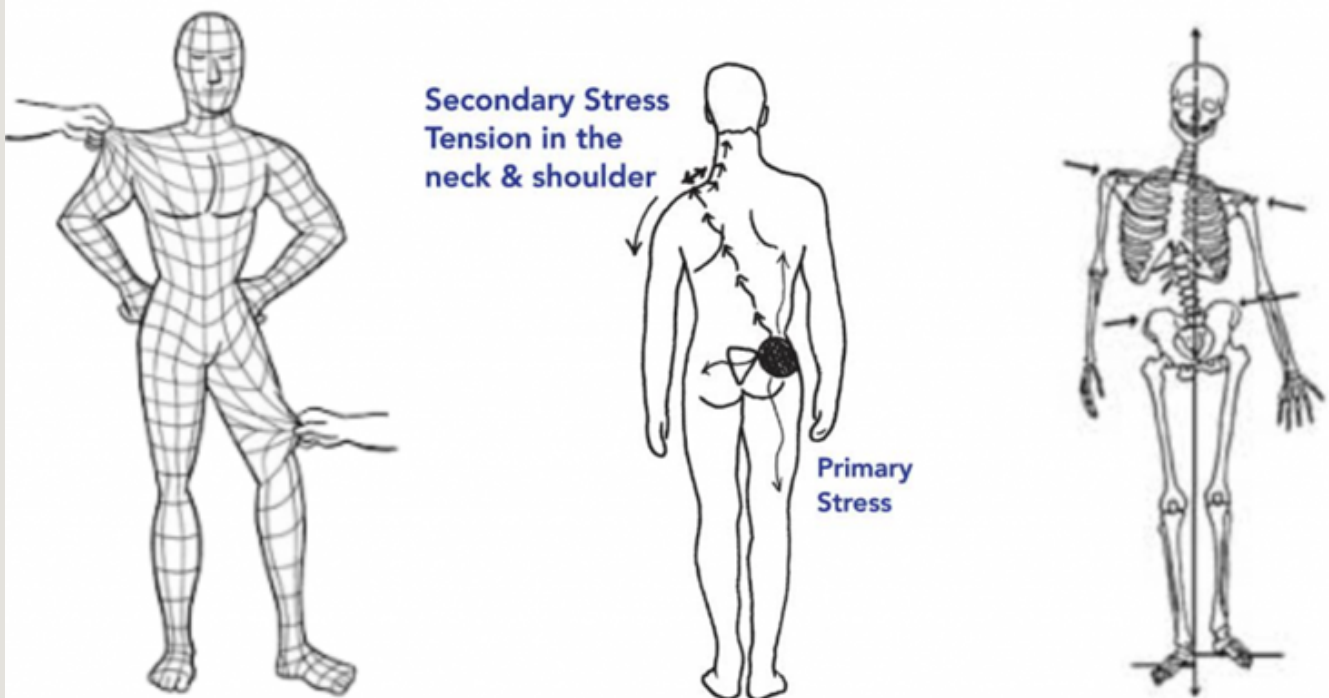
ANATOMY  
TRAINS  
Structural  
Integration

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# Structural Integration

Structural Integration is a study of the principles of the body and a therapeutic tool to organize the body in the gravity field.

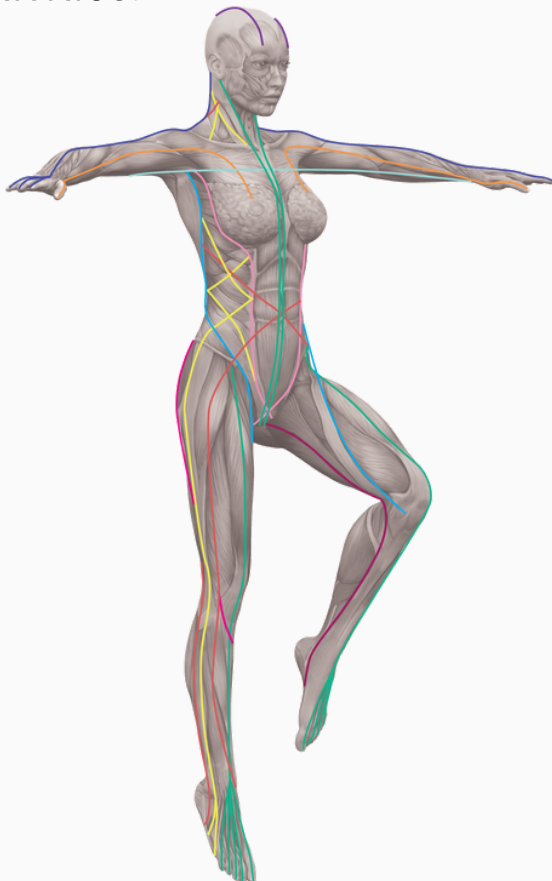
Structural Integration is a systematic program of postural repatterning via deep, slow fascial and myofascial manipulation, coupled with movement re-education.



# Anatomy Trains Structural Integration (ATSI)

ATSI springs from the pioneering work of Dr Ida P Rolf, as developed, by Thomas Myers. ATSI reconfigures her classic 10-sessions series into 12-sessions series organized in terms of coherent myofascial continuities (The 12 Anatomy Trains Myofascial Meridians).

There is much overlap between ATSI and Rolf's recipe, but ATSI is based on anatomically based rationale. The extra 2-sessions are Spiral Line session (4th session) and Arm Line session (11th session). The Spiral Line plays a crucial role in facilitating smooth contralateral movement during human locomotion, while the Arm Lines ensure optimal arm carriage and the development of habitual patterns for arm and hand usage in our daily activities.



ANATOMY  
TRAINS  
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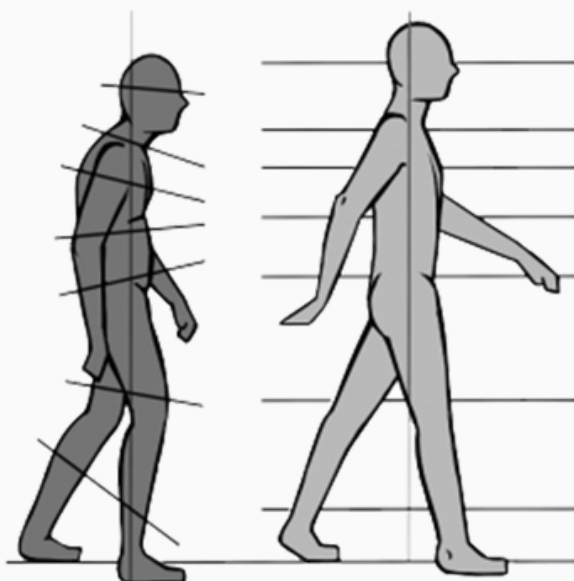
# Why does everyone need Structural Integration?

Structural Integration is a method of bringing the locomotor and sensory system of a human being to a *new level of integrated function*.

The approach aims to create:

1. Structural alignment
2. A unity of intent in body movement
3. Physiological harmony
4. Easy balance between stability and receptivity
5. Efficient coordination of sensory information and motor impulse
6. Palintonic awareness

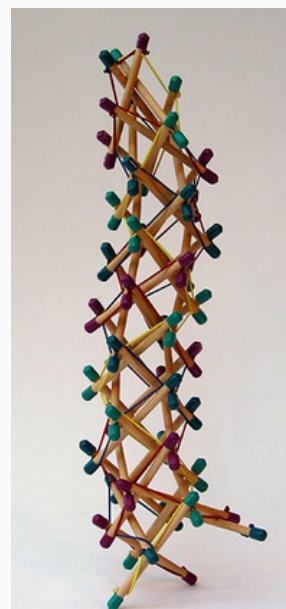
The ultimate goal, however, is **Integration** (integrate the new pattern into everyday function and posture).



# How does it work?

The idea of Structural Integration is to use connective tissue manipulation (myofascial) and movement education to lengthen the body and organize it around its *vertical axis*.

Fascia is the largest and most resilient sensory system in our body; connecting everything within, from the tip of the toes all the way up to the brain and out to the skin. By 'redraping' the *myofascial cape* over the skeletal frame or achieving the 'floating bones' of *coordinated fascial tensegrity*.



# ATSI Series Arc

Structural Integration series has a number of threads that tie it together, independent of the direction for each individual session.

The series is *an arc, a trajectory* that proceed in bringing the body from one sustainable place of balance to another, more functional, state of balance.

Sessions	Superficial				Core				Coordinating			
	1	2	3	4	5	6	7	8	9	10	11	12
<b>Anatomy Trains</b>	Superficial Front Line and Front Arm Lines	Superficial Back Line and Back Arm Lines	Lateral Line	Spiral Lines	Lower Deep Front Line	Middle Deep Front Line	'Deep Back Line'	Upper Deep Front Line & 'Deep Back Line'	Pelvis and Walking	Torso and Breathing	Arms and Manipulation	Spine and Tensegrity
<b>Factors</b>	Cardinal				Helical				Relational			
Line Type												
Intent	Differentiation				Fulcrum				Integration			
Neck												
Arms and Shoulders												
Breath												
Spine												
Pelvis												
Lower Leg and Foot												

The general order in the 12 connective tissue manipulation sessions begins with the more superficial lines - the Superficial Front Line, the Superficial Back Line, the Lateral Line and finally the Spiral Line.

This is followed by the core session, gathered in the Deep Front Line.

The final stage of the process calls for integrating sessions that bring the core and the superficial 'sleeve' together in a coordinated symphony of movement with an 'easy' relaxed posture.



# Benefits of Structural Integration

Structural Integration is a form of *spatial medicine*, which concerns itself with how we *unfold in space* – how we develop into the world from our mother’s lap, how we dance with the world, how we shape and are shaped by circumstance and inner conviction. People of all ages and varying levels of physical ability and background will get wonderful *lasting benefits*.

In short, Structural Integration completes one’s body image, improve skeletal alignment and support in space, allows the body lives its full length in both trunk and limbs, create resilience in the body and ability to hold and release emotional charge.



# Kinaesthetic Intelligent

The body demand reduced in the 21st century. There are 3 major senses when we are learning, visual, auditory, and kinaesthetic. Movement practice is kinaesthetic learning.

Kinaesthetic sense is an *inner body sense*, people with good kinaesthetic sense are printed in the world, you are **oriented** in the gravity, you are oriented the people around you and your aura are horizontally expanded.

Kinaesthetic intelligent are under developed = kinaesthetic dystonia. There is always more awareness develop in our body throughout our life.

Structural Integration improve one's kinaesthetic intelligent which implies the ability to focus on any given task or perception while maintaining a **diffuse peripheral awareness** of whatever is going on around this focussed activity.





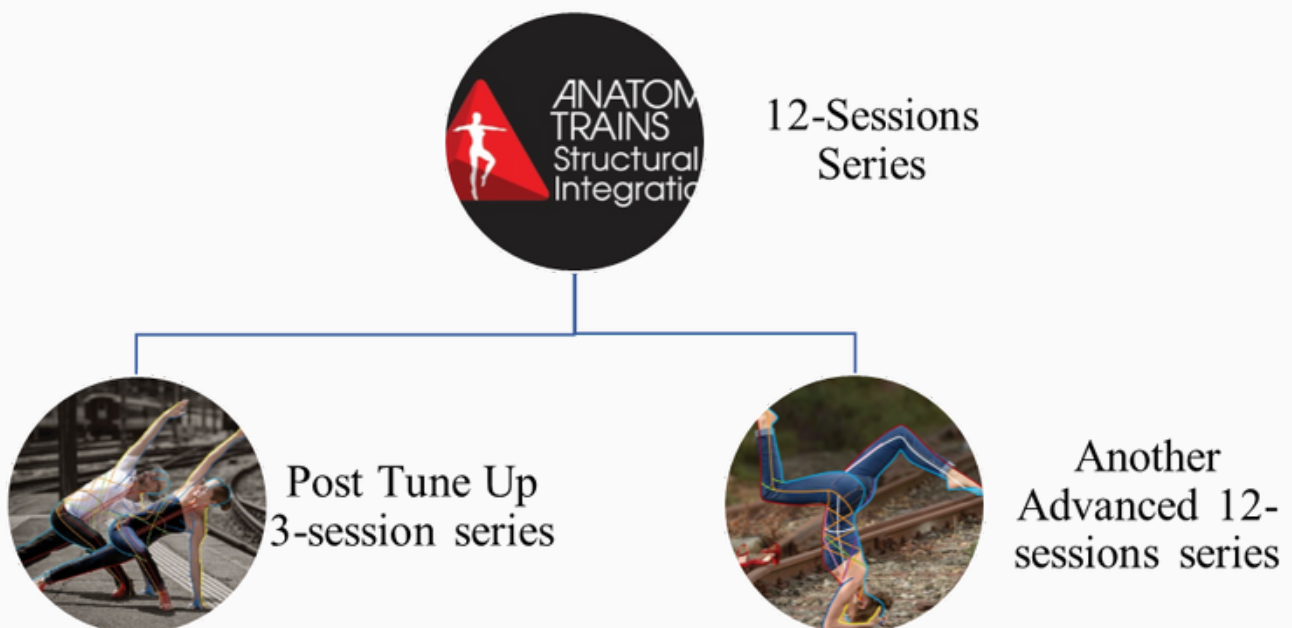
# What's after the series?

Structural integration has been shown to create **ongoing changes** for a long time after the initial 12 sessions and there have been further **visual improvements in people's posture a year or more** after their initial 12 sessions.

After the 12 sessions, it is good to have a break from the work, this allows your body and nervous system to settle and continue to integrate the effects of the series.

After a period of time, I will invite you back for the post tune up 3-session series or advance series. The short 3 series of ATSI is a great way to top up the work from the 12 series. You could think of the 3 series as a mini service for your body and mind supporting the benefits of the full service of the 12 series.

There is another option to get for another 12 series session which is tailored specifically to a person's needs.

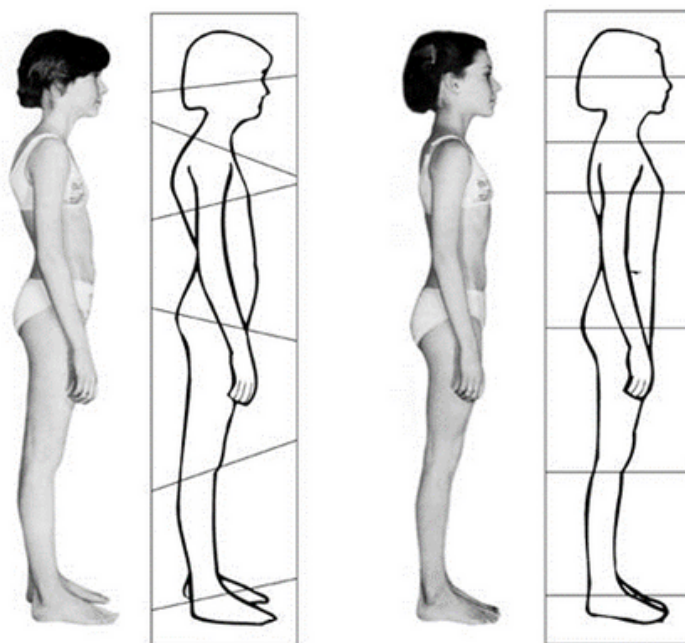


# Structural Integration for Children

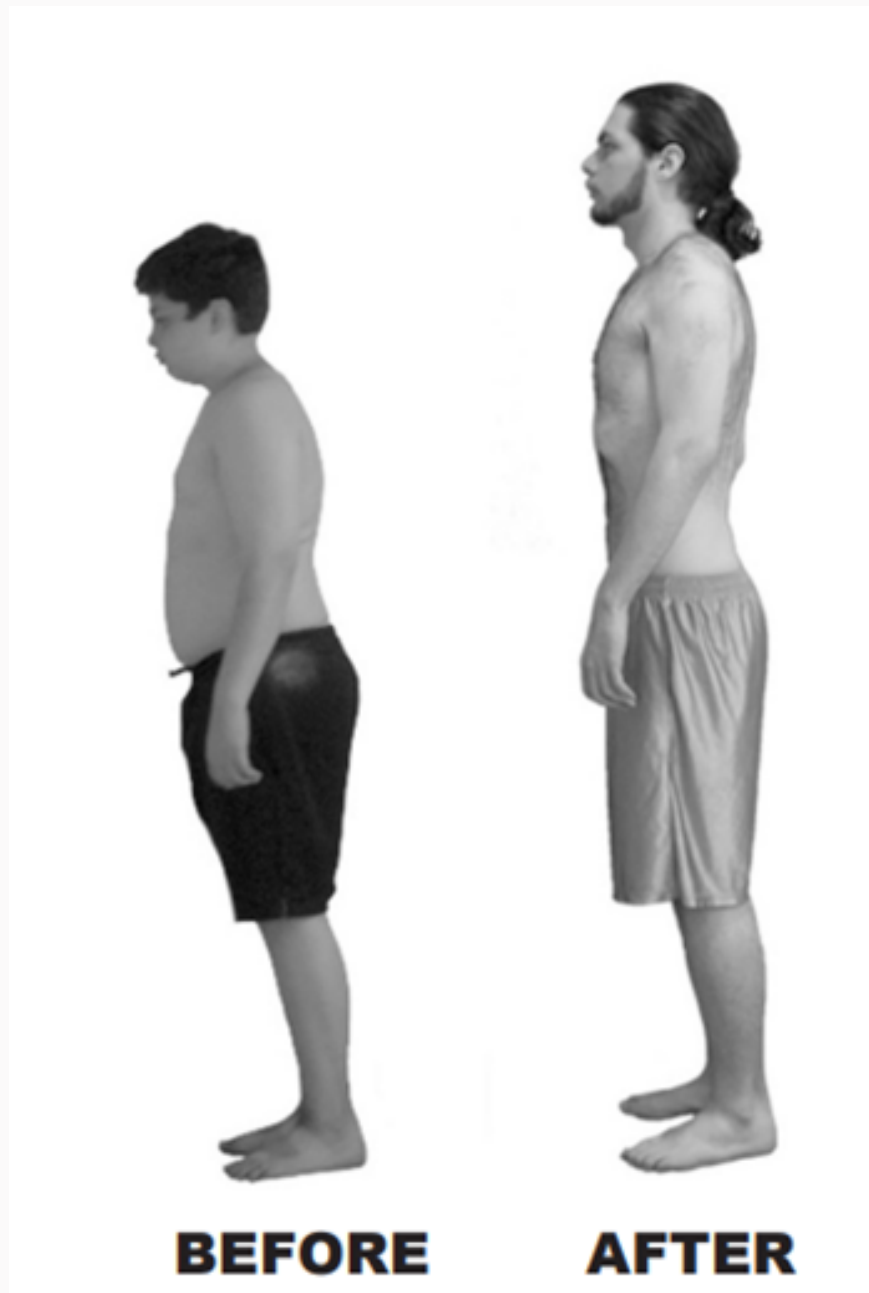
Children need to be given an adequate education in the basic workings and correct uses of their bodies. It is obvious that we automatically get bigger and stronger as we grow up. However, **balance** in how the parts of the body come to fit together **doesn't come about spontaneously**.

Dr. Rolf noted that the birth process generally distorts the body. Rolfing SI works to **mature an individual** in both physical and emotional ways. It helps people become more vertical, so that gravity is no longer the enemy.

"Head up, chin down, shoulders back, chest up, stomach in" is still usual. This idea is not consistent with the dictates of proper structure. Having an early on sense of vertical alignment and true balance is a reference with which children can grow up unimpeded



# Case Study



Justin was diagnosed in the autism spectrum; he starts volunteering in receiving Structural Integration at the age of thirteen (left) until he was twenty (right).



# Case Study

In the study of “The Promise of Rolwing Children” in 1981. The report showed childrens’ photographs before Session 1 and after Session 10, and two to three years later, parent’s interviews and Rolfer’s comments further documented the changes. This pilot study with children demonstrated:

1. A dramatic improvement in the children’s physical, psychological and behavioral patterns had occurred.
2. Parents reported consistently that the children had increased confidence, better verbal expression, more self-control and less destructive behavior.
3. The study concluded that Rolwing is an effective way to address conditions such as cerebral palsy or scoliosis.

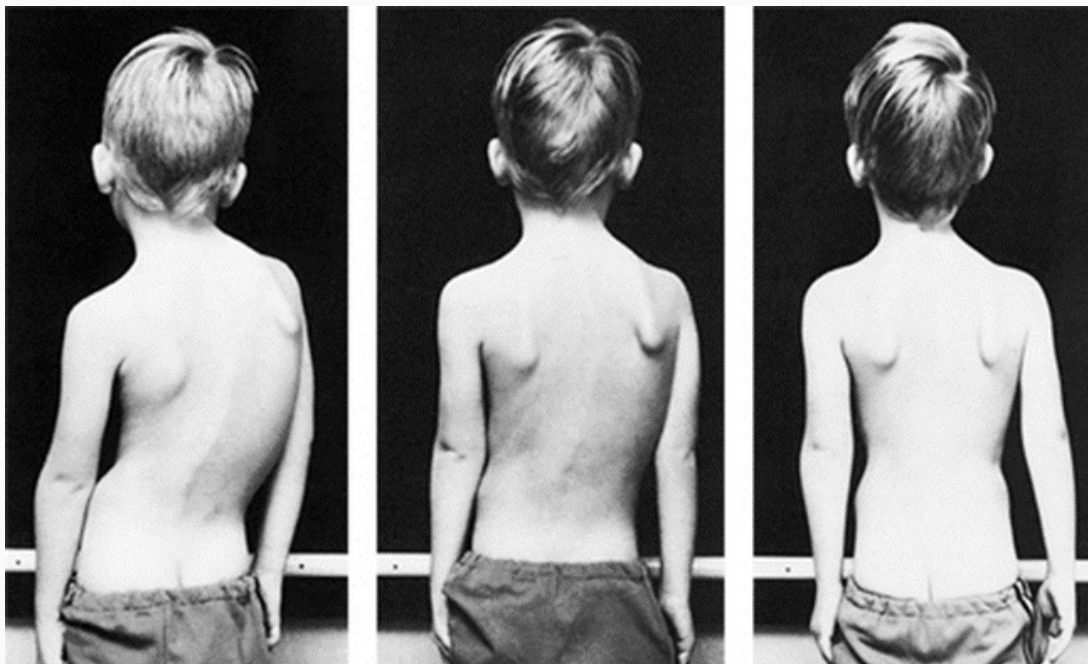


# Structural Integration for Scoliosis

Anatomy Trains is the mapping of whole body fascial and myofascial linkages in total body pattern. Each pattern is unique and requires an individualized approach to make lasting changes in the body.

The concept of **tensegrity** will be applied to scoliosis treatment along with Structural Integration sessions. **Scoliosis isn't just a spinal issue**; it is the malfunction in tensional relationships between soft tissue and the bones.

ATSI practitioner performs BodyReading® to identify scoliosis patterns and basic postural corrections, powerful breathing techniques and exercises to begin realigning the body.

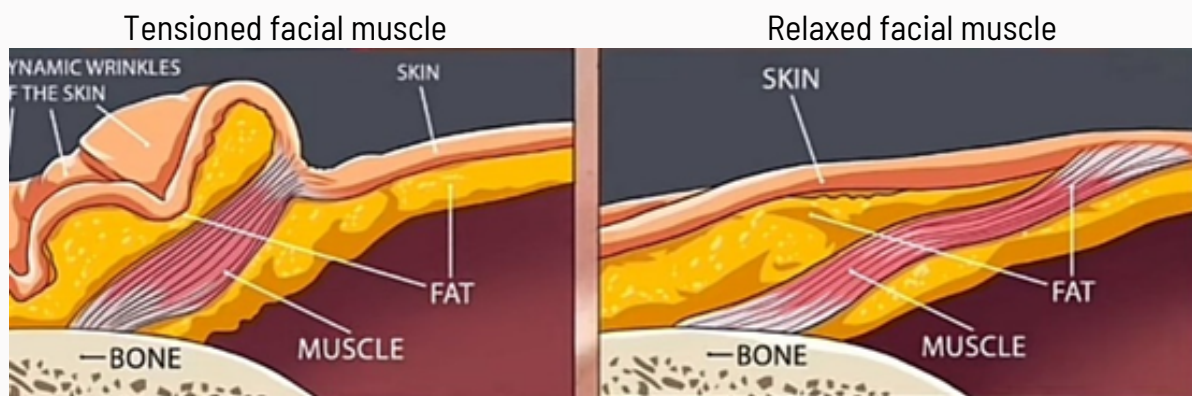


# Structural Integration for Face

Face Structural Integration specifically targets common signs of aging such as wrinkles, nasolabial folds, eye bags, double chin, sunken skin, hooded eyes, and 11 lines. While luxury skincare products can only provide limited results, as the issue lies not with the skin itself but with the imbalances in facial muscles and fascia in the neck, skull, and face.

We often learn that the visible signs of aging in our face are caused by a decrease in collagen and the downward pull of gravity. However, why does gravity only seem to affect our faces and not other parts of our bodies where wrinkles are not as prominent?

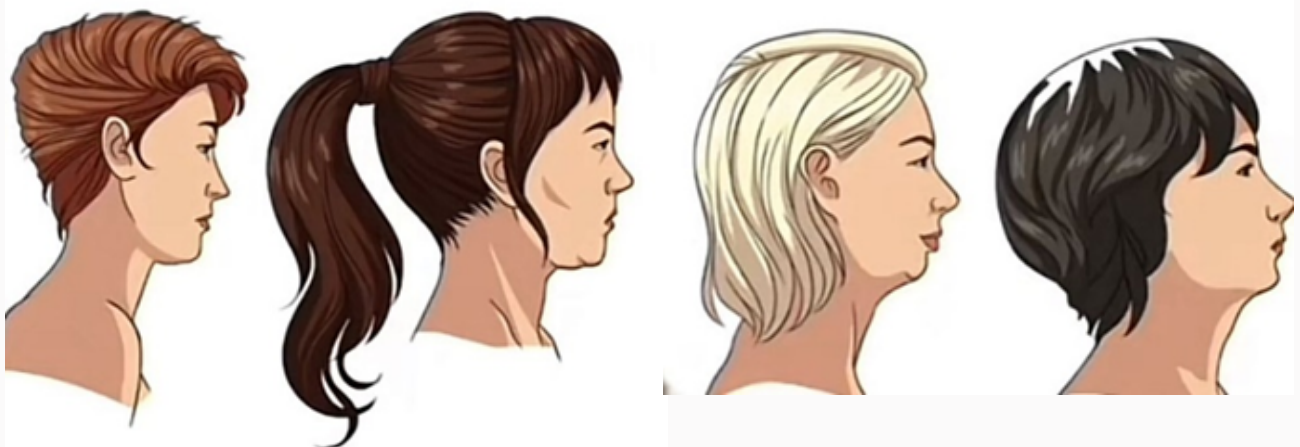
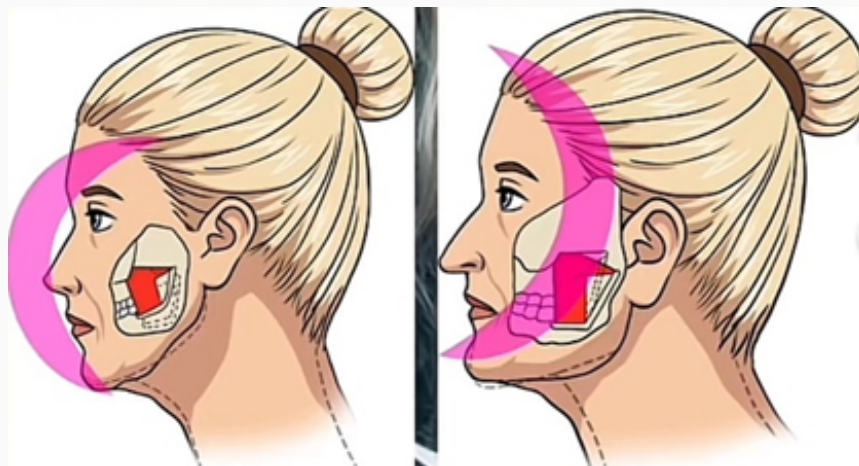
Another perspective on facial aging suggests that the main cause is actually the **(1) repeated contractions of specific facial muscles**, known as age marker fascicules which further leads to **(2) inflammation** results in **(3) lymph stagnation**. Gravity only plays a secondary role in the aging process, amplifying the effects of these muscle contractions (Claude Le Louarn et al, 2007).



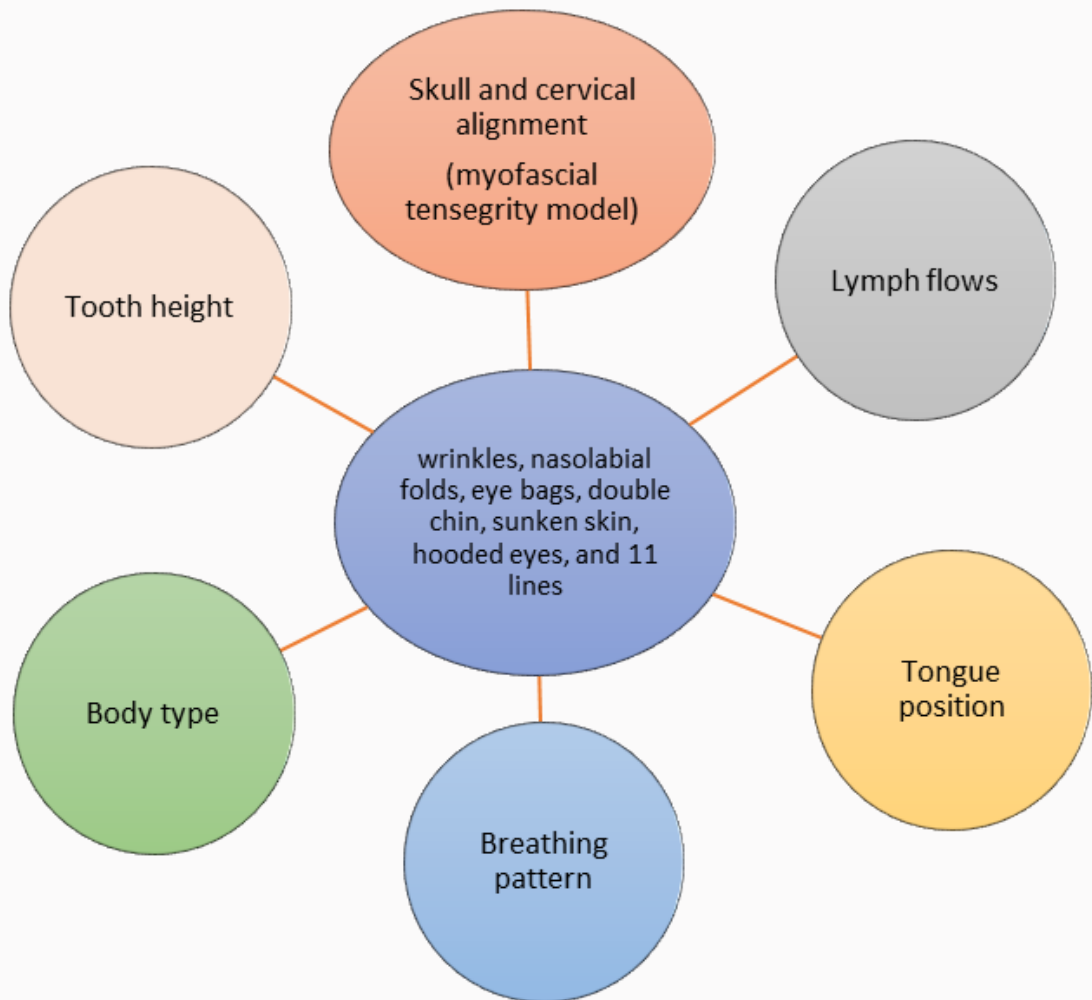
# How does it work?

By restoring the proper tension in the fascia surrounding the neck, skull, and face, the skin on the face will have room to return to its natural position, the lymph and blood flow to the face improved, resulting in reduced wrinkles and restoring the youth, fullness in the face.

The alignment of the facial bones (mandible, maxilla, nasal bones, palatine bone, zygomatic bones) in relation to the neck and skull also plays a significant role in the overall appearance of the face.



# Face Aging Factors





# Movement Integration

Understanding your body gives you power. As your movements become graceful, your posture will become straighter.

Movement Integration series helps a person improve movement at various levels.

Movement Integration is a **deeper level of somatic education** which can lead to lasting change in the way someone inhabits their body. This approach invites the client to become aware of their habitual movements and to explore sensations that stimulate new movement behaviors.



# Movement Integration Principles

1. **Support:** The movement drills we engage in rely heavily on the support provided by the spine, lower girdle, and upper girdle. By prioritizing this foundational support, we can improve our range of motion, balance, and stability, allowing us to move with greater ease and confidence.
2. **Tensegrity:** The exercises aimed at generating space within the body while maintaining a strong central line are essential for optimal physical wellness. These movements enable the body to expand and contract, creating a sense of lightness and ease.
3. **Adaptability:** The movements have been designed to ensure that the body flows with a seamless and uninterrupted motion from head to toe. This ensures that the entire structure moves in harmony, with each part complementing the other.
4. **Holism:** As I guide individuals through their movements, I'll make sure that their expressions are in harmony with their physical movements. This will create a seamless connection between their body and their emotions, resulting in a more cohesive and authentic performance.
5. **Perceptual Orientation:** The movements you'll be doing are specifically designed to enhance your perceptual orientation. This refers to how well you feel connected to the ground and your surroundings. By engaging in these movements, you'll begin to feel more comfortable and aware of your spatial environment.



# About the practitioner



Hilda is an Anatomy Trains Structural Integrator who is fascinated with the interaction of the internal and external forces in the human body within the gravitational field who strives to help her clients experience movement fluidity, structural ease and profound postural awareness.

