



Roling FAQ

How does Roling work?

Roling strives to align and balance the body's components until the entire system is a smoothly functioning coordinated whole. For example, the legs are aligned to the hips, shoulders to rib cage, the body is positioned over the feet, and then all of these joints and related tissue is integrated to one another. Roling addresses the body's internal system of flexible support, otherwise known as fascia. This amazing substance surrounds every muscle fiber, encases all joints and even has a role in the nervous system. Think of the fascial system as an intricate internal guide wire network for the body. And if one set of support wires becomes tight or out of place, the excess tension may appear as nagging joint pain, muscle soreness, or a postural shift. Put another way, Roling allows the brain and nervous system to "re-boot" areas of the body that are receiving too much electrical stimulation (chronically tight or sore muscles). And once a healthy level of muscle contraction is established, someone's entire structure is able to express itself free from pain. To correct internal misalignments, a Roling practitioner uses mild, direct pressure to melt or release fascial holdings and allow the body to find health through the reestablishment of balance. A few of the many benefits people experience are reduced pain, an enhanced sense of body awareness, and improved posture.

Is Roling Painful?

Contrary to popular misconception, Roling is not painful. Though there may be some discomfort in response to Roling pressure. The discomfort is an indication of the amount of chronic tension stored in the tissues. It is the responsibility of the Rolfer to work within the level of tolerance of each client to accomplish the goals of the work.

What is the Rolfing Ten series?

The hallmark of Rolfing Structural Integration is a standardized “recipe” known as the Ten Series, the goal of which is to systematically balance and optimize both the structure (shape) and function (movement) of the entire body over the course of ten Rolfing sessions. Each session focuses a particular region of the body and freeing restrictions or holdings in that region.

The Ten Series can be divided into three distinct units.

Sessions 1-3: Called the "sleeve" sessions, numbers one through three strive to loosen and balance surface layers of connective tissue.

Sessions 4-7: Four through seven are referred to as “core” sessions and examine terrain found between the bottom of the pelvis and top of the head. The idea of core also includes the deep tissue of the legs for its role in support.

Session 8-10: “Integration” is emphasized throughout the remaining three sessions, as eight, nine and ten provide an opportunity for the practitioner to blend previously established advancements, and ones yet to be made, into the body in a way that encourages smooth movement and natural coordination.

Who should consider Rolfing?

According to Dr. Rolf, all bodies have some degree of disorder and compensation in their structure; therefore she believed that everyone should receive Rolfing structural integration. In fact, in her global vision, she imagined a more evolved and structurally efficient human species as a result of Rolfing. However, we realize that most potential clients need more compelling reasons to undergo this powerful transformative sequence of session. In many cases these individuals have tried traditional medical treatments or exercise to reduce or counteract the long-term effects of old injuries with varying degrees of success. Rolfing structural integration has the ability to dramatically alter a person's posture and structure. Athletes, dancers, children, business professionals, and people from all walks of life who choose not to accept the notion that the quality of their lives must suffer simply because they are aging have benefited from Rolfing.

People seek Rolfing as a way to ease pain and chronic stress, and improve performance in their professional and daily activities. Research has demonstrated that Rolfing creates a more efficient use of the muscles, allows the body to conserve energy, and creates more economical and refined patterns of movement. It's estimated that more than 1 million people have received Rolfing work.

Is Rolfing suitable for children?

A common misunderstanding about Rolfing is that its main value is in correcting long-standing structural patterns. Rolfing can also serve as a preventative measure to reverse potentially problematic patterns in the young. Rolfing can begin to correct patterns, such as hip imbalances which may limit the child's development and mobility.

Also, when children are injured from falls or minor accidents, they may seem to be fine on the outside since the cut or bruise healed. However, as Dr. Rolf pointed out, they are not really the same. Minor changes have taken place in the connective tissue, **in** their joints and in the muscles that were injured. Small tears or pulls cause the tissue to thicken. Soon, muscles begin to adhere to each other and are less able to function as discrete entities. These changes may express themselves as a slight limp, lower energy, a decrease in range of motion or strength. Early intervention by a Rolfer® aware of the unique needs of children can make a profound difference in a child's awareness, comfort level and self-esteem. The importance of receiving loving supportive touch in and of itself is of immeasurable value to a developing child. Rolfing, however, can accomplish so much more, creating palpable change in the child's connective tissue matrix. We have also found that Rolfing adolescents during and after puberty, a time of great insecurity and emotional turmoil for most of us, besides the obvious structural benefits, frequently has a profound effect on the developing child's awareness and comfort in his or her rapidly changing body and mind.

What is Rolfing movement?

The purpose of Rolfing Movement is to work with the client to help her identify movement patterns that promote strain and asymmetry in her system. Once the patterns are identified, the Rolf Movement practitioner does not seek to change those patterns, which have served the client well.

Instead, to offer more economical solutions which promote greater balance and efficiency in the gravitational field. Rolfing movement can be explored by clients who have completed a structural series and can serve equally well as an autonomous tool for achieving higher levels of self-awareness and coherence.

How much training goes into Rolfing?

When one completes the training with the Rolf Institute and is certified to be called a Rolfer, that person has completed over 1200 hours of training. In addition, that person is under contract to continue his/her studies in Rolfing manipulation skills, movement skills, and elective studies.