

ROUGHING IT OUT

with Rolfing®

Rolfing® — *helps improve the structural balances of your body and increase the performance ability of athletes and gym enthusiasts. Find out how.*

WE'VE ALL HEARD OF achieving balance between mental and physical health for optimum wellbeing. However many of us ignore the core issue that could be causing the imbalances in our life be it mental or physical, our structure.

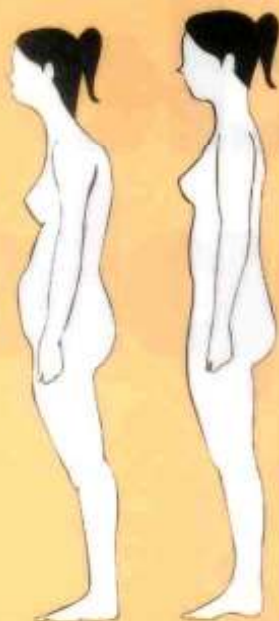
Our body's structure consists of among others bones, ligaments, tendons, muscles and fascia which will start to break down due to the daily stresses imposed through imbalances and misalignments brought about by the way we use and treat our body.

These imbalances over stress certain tissues and under utilise complimentary tissues. This imbalance pulls and wears out both the bone and soft tissues as they rub against each other without proper support and padding which is necessary to prevent damage to the joint. Such imbalances and wear and tear is made worse with stress caused by sports injury and repetitive and wrongly performed exercises.

A technique that is gaining popularity among our local health and fitness enthusiasts is the answer to structural imbalances and has proven to increase performance ability of athletes and the regular gym enthusiast.

Structural Integration, known commonly as Rolfing® through its emphasis on alignment, and balance of the body's entire myofascial (muscle and connective tissue) network, has been successfully proven to help recover from injuries, reduce or minimise the impact of injuries on the body and prevent future injuries.

Rolling out the facts on Rolwing®



(The image shows the before and after structural improvements one will see during and after the 10 sessions.)

- Rolwing® is a systematic form of hands-on manipulation process. It assists to balance and improve body posture, alignment, flexibility and movement.
- It works towards achieving its goal through a series of minimum ten bodywork sessions.
- A Rolfer utilises the natural softness of the fascia, the soft tissue component of the connective tissue system that permeates the human body, releasing restrictive patterns of tension and strains, towards a more effective alignment and balance.
- A combination of hands-on pressure using fingertips, hands, knuckles and elbows by the practitioner, and synchronised movements by the client frees restricted tissue and restores its elasticity.
- The human function is improved when the segments of the body such as the head, torso, pelvis, legs and feet are properly aligned with the gravitational field.

Rolwing® has the reputation of being the Ashtanga Yoga of bodywork as it is sometimes intense and sometimes painful. Many yogis are discovering it can help correct various physical imbalances that keep them from reaching a more stable state of body and mind. Rolwing® works towards the physical and emotional evolution of an individual through the lengthening and integration of the body.

Yoga and Rolwing® emphasise structural alignment and whole-body integration. Both involve balancing the joints in the body, creating space in the joints and opening and lengthening the body. Both result in expanded range of motion, increased circulation and energy flow throughout the body and grace and fluidity of motion.

Rolwing® and your metabolism. As mentioned earlier, Rolwing® is manipulation of the tissue thus when the tissues are free the muscles move with ease and glide smoothly. This helps water and blood to pass through with ease as you contract and release your muscles.

However if the tissues aren't free and moving smoothly, blood and water circulation slows down. This causes the intake of nutrients to slow down resulting in a decreased supply of oxygen to your tissues causing your whole system to become sluggish.

As you exercise and produce and use energy, waste by-products are produced. If your waste disposal is sluggish, the waste collects in your body and becomes stagnant.

Rolwing® helps increase metabolism and metabolism doesn't mean just burning fats as most people know it. In fact it encompasses your body processes to generate energy, process waste, and increase circulation.

Thus with increased metabolism you will burn fats faster, use energy more effectively and dispose waste from your body more efficiently. In turn your body will perform sports and exercises more productively. **H&B**

Contact certified Rolfer May Chin,
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References:

May Chin, Certified Rolfer
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<http://www.rolf.org/about/index.htm>
http://www.symphonein.com/?x=benefits&c=enhance_fitness
<http://www.yoga.com/lydc/enlighten/enlighten...document.asp?ID=343§ion=5&cat=0>

A brief run down on the 10 sessions

Session 1: Freeing the lung to allow fuller breath by working on the ribcage and shoulder girdle, neck and hip.

Session 2: Focuses on foundation and support by working on the feet and lower legs.

Session 3: Focuses on the balance of front to back of the whole body and improving the relationship between upper and lower body by working on the 'lateral line' (side of the body) from the feet up to the shoulder.

Session 4: Look at support from the feet and ankle to the pelvis on the midline addressing torsion in the knee and hip providing support for the abdominal space (pelvic floor) and lift for the upper body.

Session 5: Work up to the abdominal space to free up restriction that inhibits pelvic movement. Work also includes upper body and shoulder.

Session 6: Giving length to the back and hips and legs to match the length of the front of the body from the previous sessions.

Session 7: Organise the head and neck.

Session 8, 9 and 10 is about integrating all the work done so far.

How is Rolwing® beneficial?

Rolwing® for athletes. Players usually spend developing specific parts of their bodies; stronger arms and faster legs. Rolwing® allows players to feel their bodies as an integrated whole enabling them to use their strength to move more freely and play more effectively.

Sports such as tennis, golf, racquetball, baseball, basketball, snowboarding, slalom water skiing, pole vaulting, discus, shot put, soccer, archery and certain positions in football tend to develop more strength and coordination on one side of the body. The dominance on one side of the body leads to imbalances in the overall physical structure, which then leads to injuries as the body attempts to function with these asymmetries.

Structural Integration or Rolwing® addresses the problems of asymmetrical. A balanced, well-organized body performs better because it has more energy, agility, strength, and endurance to apply to whatever sport or activity you choose to participate in.

Rolwing® for yoga practitioners. In yoga, you move through precise postures with full consciousness and intent. In Rolwing®, the Rolfer's hands directly release restrictions and unbind myofascial tissues in your body, while you participate with full consciousness and intent. These similar functions makes allows Rolwing® and yoga to complement each other perfectly.