



Rolf Magic Newsletter

Freedom from Pain Through Postural Change

**Robert Auerbach,
Certified Advanced Practitioner
Rolf Method of Structural Integration**

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Services Offered

Rolf 10 Series

**Rolf Advanced
– Post 10 Work**

**Rolf Movement
Integration Work**

**Higher Self
Re-Patterning Process**



Can Rolfing Help You?

If you can imagine how it feels to have a fluid, light, balanced body, free of pain, stiffness and chronic stress, at ease with itself and the earth's gravitational field, then you will understand the goals of Structural Integration.

Athletes, dancers, students of yoga and meditation, musicians, business people, people riddled with chronic pain and stress, people from all walks of life and all ages, come to Structural Integration not only for relief from their pain and stress, but also for improved performance in their professions and daily activities.



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THE ROLFED RUNNER

A mother brought in her two year old son. He had been struggling with some developmental challenges in his legs. Walking seemed fine but whenever he tried to run, he looked uncoordinated. The assistant instructor "Rolfed" the child for four or five minutes and set him down. He took off running around the perimeter of the large class room. His old pattern now replaced with giggles and confidence. Finishing his trek the boy made a bee-line for the instructor and threw himself in her lap, thanking her for his new found legs and athletic prowess. This was the scene at a children's clinic that was part of my training in Rolf Structural Integration.

Whether one is the two year old runner described above or a long time marathon athlete, every step of a run sends "ground impact" into our bodies. The alignment and posture that we bring to a run will greatly determine not only the toll this impact has but also the efficiency and speed of our run. If you have one hip that is higher than the other or the feet turn out or in, the immediate negative effects are easy to imagine. Overtime the body will have to compensate or adjust. Muscle groups like the hamstrings may become extremely tight and hamstring injuries may become chronic. The IT bands on the sides of the legs will morph, resembling more bridge cable than human flesh.

The body has a series of "shock absorbers" that especially for runners need to be in good working order. Starting with the feet, if the arches are too high or flat they cannot diffuse the impact. This will contribute to the "binding" of the lower leg bones together leading to knee pain, pain killers and often surgery and most commonly, shin splints.

Fortunately there is a solution. Structural Integration bodywork (aka Rolfing) has been used by athletes, from Sunday warriors to Olympic medalists. Linda Gill, former UCLA cross country and track athlete, tried Rolfing to recover from a nagging hamstring injury. After several sessions she noted "Rolfing really helped my overall body mechanics. The tensions I carried in my shoulders is gone, my hamstrings felt great and my breathing became easier as my chest opened up."

How does Structural Integration achieve such amazing results? By identifying where the connective tissue sheets that wrap around all our muscles have shortened and applying hands on pressure that gets them to lengthen again. The body is brought back into optimal alignment. Not only are old injuries resolved and the likelihood of a new one reduced but athletic performance is measurably improved and recovery time decreased. According to Mike Fanelli, running coach from Marin, CA "Rolfing has taken 10 years off my legs. Before Rolfing, I had to take four or five days off after a hard run. Now I'm back up to running 50 mile weeks."

Faster than a pair of the best running shoes. More powerful than the most potent muscle building protein powder--Its Structural Integration body work. If you have never had a session call today (313-843-0619). If you have experienced the great benefits of the Structural Integration 10 Series and its been at least six months, you may want to enhance your gains with "post 10" Rolf sessions.

THE ROLF FAMILY DEAL

New to Rolf Structural Integration? Looking to spread the benefits to a family member or friend?

From July 1st thru the end of August, if you and a family member or friend begins the 10 Series the same week, than both of you will receive the first and tenth sessions free. ***That's a savings of \$400.00.***

If you already know from firsthand experience the great benefits that Rolf work can provide and your looking to begin a post ten three series, bring in a family member or friend and receive **\$50.00 off your first session and your guest will receive \$50.00 of their first and tenth session..**

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Rolfing Exercise- The Yellow Pages Swing

Standing on a Yellow Pages (of a major city) or an object of similar shape and size, one foot on and one foot off. Begin to swing the free leg, forward and back. If needed, you can touch a wall with a finger for balance. One hand can rest on your lower abdomen for a moment. This will give you feed back on how the swing engages a deep abdominal muscle (the psoas). See if you can allow the swing to become increasingly free. This should feel like being on a swing, when the movement takes on its own momentum. The swinging foot should be allowed to scuff the ground.

Practice on one leg for a minute or two, then switch legs. The Yellow Pages Swing is great to do before run or a long walk.