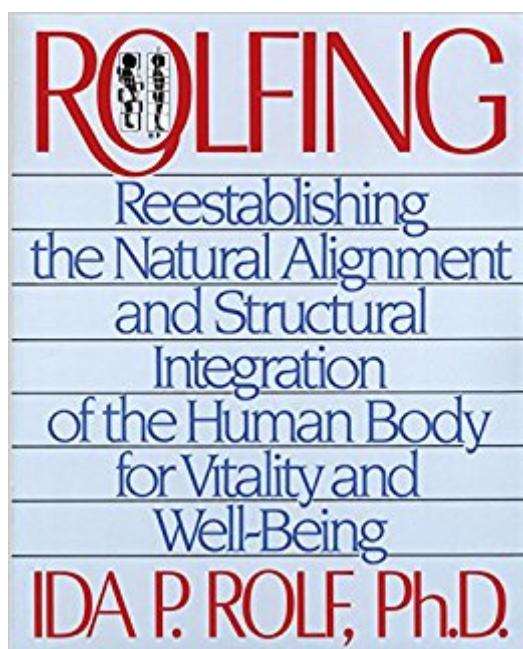


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# Rolfing: Reestablishing The Natural Alignment And Structural Integration Of The Human Body For Vitality And Well-Being



## Synopsis

This seminal work made its debut in 1977, and it has since remained the most important reference for Rolfers around the world. In this new edition, the late Dr. Rolf illustrates her theory and practice of Structural Integration, which brings the body into alignment and balance by manipulation of the connective tissue. Rolfing has helped thousands of people to stand taller, look better, move with greater ease, and have a greater sense of vitality and well-being. This is the original and classic text, with more than 600 illustrations and photographs. An indispensable reference for the hundreds of Rolfers in this country, it will also appeal to other professional bodyworkers and the interested lay person.

## Book Information

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## Customer Reviews

"In the case of humans, structure and function are meaningless, one without the other; so that when (Ida Rolf) integrates structure, as nobody else can, (she) improves functioning." (Moshe Feldenkrais)

Ida P. Rolf received her Ph.D. in biochemistry and physiology from Columbia University in 1920, and subsequently worked at the Rockefeller Institute in chemotherapy and organic chemistry. She is the founder of the Rolf Institute in Boulder, Colorado. She is also the author of Rolfing and Physical Reality.

This book provided me with an foundation of understanding about alignment between our bones, muscles, and nervous system. The fascia or connective tissues surrounding the muscles are a vital

key to maintenance of the body. Also, the mind and our attitude are affected when the body is misaligned. Sometimes, we overlook the significance of the most simple things, so mainstream doctors cannot grasp the importance of simplicity, as they are trained to see life as complex bio-machines. Dr. Rolf explains how mind and body are aligned and why this of such great importance to health and wellbeing. However, "mainstream" institutions of health care and pharmacology have overtaken our belief systems with complicated diagnosis and drug treatments that cannot heal the body. This body of knowledge is about a simple and effective system for maintaining health through balance. I have undergone Rolfing treatments with success, and I highly recommend that everyone should do so. However, much of the same benefits are possible with deep tissue therapeutic massage. "An ounce of prevention is worth a pound of cure." These are nearly identical practices, but the insurance companies are unlikely to fund their costs. Therefore, you must decide how much you are willing to pay for optimal health and wellbeing.

I am currently undergoing structural integration, and the benefits so far are beyond my expectations. So, I decided to get the book to help me understand the amazing changes. The book has really opened up my eyes to the work, theory, and now I find myself completely absorbed in the text. It is written in plain easy language, but using all the anatomical terms. The chapters build on top of each other so be sure not to skip chapters. The only negative for me is the small print for the illustrations; I use a magnifying glass. One will not learn the technique with this book, but will gain great insight.

This is one of the classic texts for manual and movement therapist. Dr Rolf's understanding of the human body is still relevant today. Her exploration of the human function and fascia is unparalleled. She is the queen of myofascial therapy, no doubt about it. She was a genius that kickstarted myofascial release back in 1920. She was a genius skilled in many fields and it shows. The main caveat of the book is that she doesn't reveal any of the secrets of actually getting the job done. Her observations are based on the things she wants to change in the human body as a manual therapist.

It was the perfect intro prior to taking my first Structural Bodywork course. I would recommend this for the professional. i.e: Physical or massage therapist etcetera. Additional Suggestions to Consider: The other book that took my therapeutic massage into structurally based application is *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists* by Tom Myer's (a student of Ida Rolf). The DVD of Art Rigg's *Deep Tissue Massage and Myofascial Release: A Video Guide to Techniques* is also highly recommended. He goes (and shows) in

detail along with good explanations and share tips that only a veteran bodywork would have. Seeing a moving hands-on application completely revamped my massage practice. FYI: Skip the book version - go straight for the DVD.

As a manual therapist, familiar with the work of Thomas Myers and others, I somehow expected to see more of the techniques the late dr Rolf used to structural integrate the bodies of her clients. And, to my surprise, there is none mentioned in the entire book! Just guidance of what can be done by working here and there. Nevertheless, the book is a great anatomy insight as to how and why things happen and how everything can comply with everything else in the human body. But to the already experienced therapist, little can be added to his knowledge. Just my 2 cents...

I started sessions with a Rolfer last December. I really couldn't describe what he did, I just know he made my body feel twenty years younger. I ordered this book so I could understand what was actually going on with my body. I still go to a Rolfing session about once a month, it has made incredible improvements in my general well being. This one method of body work has brought 10 years of back spasms to just about a complete halt. I can't express how completely this has changed the way I feel. Thank you Rolfer's everywhere.

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