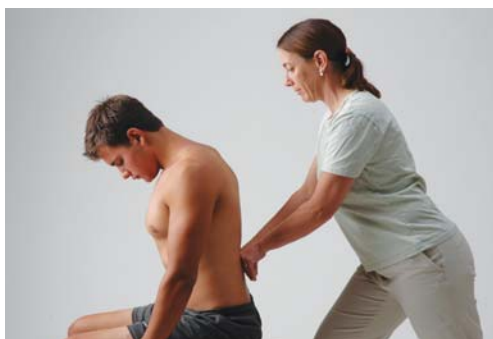


Rolfing Bodywork

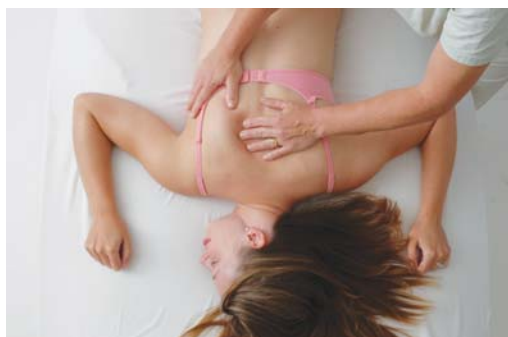
Rolfing is a hand-on manipulation technique developed by Dr Ida Rolf over 50 years ago that is only just beginning to take off in recent years. Lucy Coker experiences a Rolfing session experience, and speaks with Ferran Moreno about the world of Rolfing, a method that is rapidly changing people's quality of life across the world from simple back pain to those recovering from major operations.

Can you explain the concept of Rolfing?

Rolfing works on a connective tissue in the body called fascia that interpenetrates and surrounds our muscles, bones, organs, nerves, blood vessels and other structures dictating the way we move. In the everyday wear and tear of our bodies the natural structure of our fascia changes. Even though we might not realise it, when we injure one part of our body another part compensates and so our whole alignment and movement is affected. Rolfing releases these tensions and strains by applying a slow pressure on specific areas, waiting for the tissue to release, and once it releases the Rolfer moves to another area. The end result is the realignment of your balance and enhancement of your posture and freedom of movement.



Lower back realignment



Releasing tension in the fascia

In which situations does Rolfing work best?

All cases are individual however common areas that are helped through Rolfing include soft tissue injuries and problems, structural or postural issues and stress from emotional, physical or environmental causes. Naturally there are some amazing stories of Rolfing completely changing people's lives but in general Rolfing aims to give the patient a better quality of life, helping people to unlearn past limiting behaviours, and learn postures and breathing techniques that are more efficient. Recently, Rolfing has become very popular amongst professional sports players as it increases the body's overall level of performance.

How does it differ to other hands on techniques?

The object of Rolfing is to focus on improving the organization of the body and how it functions through the manipulation of the fascia. Rolfers also educate their clients so after the treatment they do not recreate their problems, which enhances the changes brought about by Rolfing. Many of today's problems stem from habits as simple as not breathing properly, or fighting gravity with flawed postural patterns. In addition, Rolfing requires an open relationship and good communication between the patient and the Rolfer in order to ensure that you feel no discomfort and to maximise the effect.

How long does the whole process take?

The Rolfing process is made up of one program broken into a series of 10 progressive appointments. These are usually an hour in length, initially focusing on eliminating any immediate symptoms while addressing the underlying causes. This is called the Basic Ten Series and generally the first seven sessions work on the individual condition of each patient's body and then the final three synchronize the changes, co-ordinating all alterations across the body to work together effectively.

For more information about Rolfing visit www.rolfingbarcelona.es or contact Ferran Moreno on fmoreno.bodywork@gmail.com