

Are you wondering “What is Rolfing® and is it right for me?”

Rolfing Structural Integration is sophisticated bodywork that is highly effective for alleviating acute and chronic pain. It's a unique holistic approach to making lasting changes in the body and facilitating fluid and pain-free movement.

Rolfing works with and affects your entire body and this questionnaire will shed light on what your baseline physical needs are. Each series of questions is followed by a brief explanation about my strategic Rolfing approach to resolving pain and limited function for that region of the body.

If you've heard that Rolfing is painful, I invite you to consider another possibility. My approach to Rolfing is best summed up this way: **No pain = more gain.**

Your body responds and integrates changes quicker when the work you receive is within your comfort level. I always work at a level you are comfortable with to bring you positive, rewarding results.

If you're in search of an alternative solution for your aches and pains, answer the questions on the following pages to gain insights into your specific needs. While you may have issues not referenced specifically, think of this questionnaire as a starting point. Then, if Rolfing sounds like a therapy you would like to consider, call me to schedule your free phone or in-person consultation. We will discuss your needs and I will recommend a plan of action customized for you.



Eric Gordon | Certified Rolfer™

My first experience with Rolfing occurred in 1998. The previous year I started having back problems that had me missing days off work, and hobbling around wondering if I'd be dealing with this the rest of my life. I spent a year trying a variety of therapeutic approaches - none that delivered any lasting results.

Then I discovered Rolfing. It changed my body, and fueled my desire to make big changes in my life.

In 2007, I graduated from the Rolf Institute® of Structural Integration in Boulder, Colorado. In the years since, I have continued my studies of

the human body and how we function physically, mentally and emotionally, with emphasis on neurology, neural mobilization and movement.

NECK / SHOULDERS / UPPER BACK

✓ Yes

- Do you feel pain or strain turning your head fully from side to side, and/or while looking up and down?
- Do your shoulders or neck bother you most of the day, whether sitting, standing or walking?
- Do you experience shooting pain or numbness down into your arms?
- Do you struggle with pain in your jaw?
- Do you frequently get headaches or migraines?

Working on the neck* is such an integral part of Rolfing that I begin and end every session working on it. Nerve flow for the body travels from the brain through this area, so **easing strain** in the soft tissue (fascia), **alleviating nerve pathway inflammation**, and **gaining flexible movement** in the vertebral joints is very important to an integrated bodywork approach (not to mention that it feels great!).

Shoulder and arm problems are also addressed by working with nerve pathways that originate in the neck and make their way through the entire shoulder girdle (arms, clavicle and scapula). **Bottom line: the neck, shoulders, arms and upper spine are all inter-related, so we'll look at all these elements when trouble occurs in any one of them.**

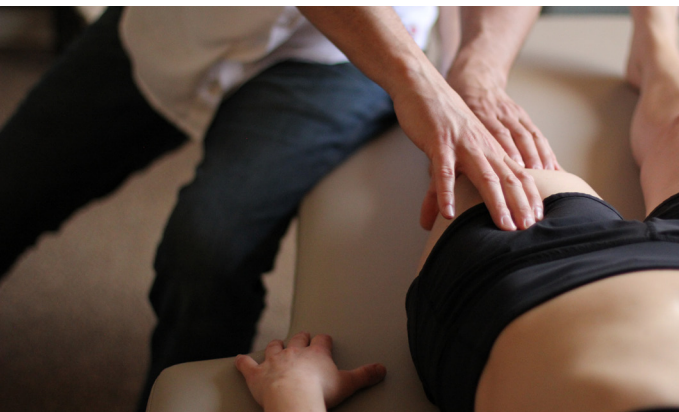


*Please note: Rolfing neck work is NOT getting a chiropractic adjustment. I work very slowly and delicately in this area.

LOWER BACK

✓ Yes

- Do you experience back spasms or constant pain in your lower back or sacrum area?
- Have you ever had trouble putting your shoes on and/or tying them due to your back pain?
- Does the side of one or both of your hips or legs bother you after sleeping on your side?
- Do you have trouble sitting for long periods of time? At your desk, while driving or even sitting on the couch at home?



Low back pain is rampant in our culture, and it's the reason I started seeing a Rolfer many years ago. I begin working with low back pain clients by **assessing and working with the peripheral nerves** that exit the lumbar spine and travel down into the legs. When these nerves are **inflamed and adhered to the surrounding tissue, they can wreak havoc** on one's lower back, hips and legs. Your body then must engage other musculature to help stabilize the lower back, which can often feel like you're wearing a corset or tight belt around your hips – not fun indeed. Freeing up the hip joints, abdominals/obliques and overall leg musculature does wonders for your back.

LEG / HIP / KNEE

✓ Yes

- Do you have pain in either leg or hip while walking, running, sitting or sleeping?
- Do you experience pain in either knee?
- Do you sometimes feel like your walking gait is uneven or unbalanced?

Once again, I'll look at **nerve pathways and areas of strain** when addressing leg issues. Range of motion of the legs and gait assessment (how your body moves during walking) will dictate where to work to balance out strain, bring all the leg joints into **better alignment and optimize function**. Weight-bearing structures take a lot of abuse over the years, but can be elevated to a great source of support and strength (as they should be!) with the comprehensive Rolfing approach.



FOOT / ANKLE

✓ Yes

- Do you experience pain in the bottom of one or both of your feet, or around your heels?
- Does an old ankle injury continue to bother you, even years after it has healed?
- Do you experience pain in your big toe joint while walking?
- Do you have nerve pain or numbness in either foot?

There are no more important weight-bearing structures in the body than the ankle joints and feet. In fact, one quarter of the total number of bones in the body reside here. Addressing nerves that innervate the foot, **releasing strain** in the fascia around the ankle, and **freeing up the joints** between the foot bones can give you the sense that you've gotten a brand new pair of feet. **Optimizing function of the feet and lower legs can have profound effects further up in your body**. The feet are primary in supporting your whole structure, and any problems here are in some way reflected through your entire body. No matter what your body pain issues are, **working with the feet happens early on in the Rolfing process – they're that important**.



FITNESS / ATHLETIC PURSUITS

✓ Yes

- Do you love yoga but feel that you’re not able to reach new heights in your practice?
- Do you restrict your activities like running, cycling or skiing because of the pain and discomfort you’re experiencing?
- Do you play competitive sports but feel like your body could use a jump-start to raise your game?



While most people seek out Rolfing to address a nagging chronic pain problem, **pain relief is not the only benefit you can get from it.** Do you notice side-to-side range of motion imbalances during your **yoga practice**? Rolfing can help by seeking out and addressing the asymmetrical strains that become very apparent in yoga. Same goes for **cycling, running and even strength training.** Increasing breath capacity of the ribs, **optimizing joint function and coordination** are all prime goals of Rolfing. Many professional athletes swear by Rolfing to improve their performance and give them a competitive advantage, not to mention prolonging their careers.

QUALITY OF LIFE

The final part below asks about your general state of wellness. I invite you to look beyond specific pain issues and think about your **overall state of mind, body and health.** These are open-ended questions for you to consider, and they are as important as all of the questions above.

- How would you rate your quality of life right now based on how your body feels?
- Overall, how would you rate your experiences with other traditional or alternative healthcare providers/practitioners in your search to find relief?
- Do you ever think you are too young to have the pain and discomfort you’re experiencing?
- On a scale of 1 to 10, how much do you believe your body can change?
- Are you contemplating any big changes in your life? Career or job change? Relationship issues? Considering a move to a new location?
- If there was one thing about your life you could change (with the guarantee that it would), what would it be?

If you’ve answered yes to any of the questions in this questionnaire, Rolfing could be the solution to your aches and pains. I would love the opportunity to provide you with more information. This questionnaire can be an excellent guide during a free consultation, where I can talk to you more specifically about your needs and goals. Consider your work with me as opening a door to a new way of living in your body, and achieving a higher quality of life.

303.653.8107 | egrolfing@gmail.com | DenverRolfing.com

Disclaimer:

The purpose of Rolfing is to balance and align the physical body. This is done through direct manipulation and education so that greater economy and freedom of movement are achieved. Rolfing is not involved with the treatment of disease of any kind, nor does it substitute for medical diagnosis or treatment when such attention is needed by a qualified medical professional. Rolfers do not treat, prescribe or diagnose illness, disease, or any other physical or mental disorder of the person. Nothing said or done by a Rolfer should be misconstrued as such.