

## ROLFING® STRUCTURAL INTEGRATION (SI)

Rolfing® Structural Integration or Rolfing® SI, is a system of bringing the human body back into proper alignment through education and deep soft tissue manipulation. When the fascia or soft tissue structures of the body are in balance and free to move as they were intended, the force of gravity becomes our friend and no longer weighs down our bones and the rest of our structure.

Kathleen Strauch, a Certified Advanced Rolfer® in practice for 25 years, joined our clinic in 2011 and offers the Rolf system of body education and realignment.

Rolfing® SI uses body analysis combined with slow, gentle, yet firm pressure to coax the fascial layers of the body to release old holding patterns which may have resulted from injuries, stress or simply poor habits. Our soft tissue should have a gentle internal glide, allowing each muscle group to work without pulling unnecessarily on others. Muscles should be able to relax when not actually in use. The system has a reputation for being painful, but what the Rolfer actually does is identify and help release areas in the client's body where pain hides. By breathing into the area, the client can release the holding pattern with only a feeling of intensity. Given this areas connection to the auto industry, some clients have described 'getting Rolfed' as having a total overhaul, bringing back the 'smooth ride' for our vehicle of flesh in which we live. Often, the client can feel a release of some restriction and gives an involuntary sigh of relief. We call this the 'sigh of SI.'

The Rolfing SI series creates a change in the body which is still present years later. Pictures of the client, pre-Rolfing, may show collapse; taken after, balance, increased height and many people actually look slimmer. The process can be continued, after a period of integration or adjustment, with an advanced series. A skilled advanced practitioner, through touch, can reconnect with the work that has gone before and help the person continue on their journey.

Kathleen is shown here providing a specific type of relief called The Rossiter System, during which patients are instructed on how to have someone perform the technique on them. This technique is taught most frequently to people who have Repetitive Stress Injuries, such as Carpal Tunnel Syndrome.

Rolfing patient, William H., experiences The Rossiter System from Kathleen Strauch, Certified Rolfer® at The Downing Clinic in Clarkston.



Close-up of arm release

### **Kathleen Strauch's Background**

Kathleen graduated from University of Michigan, Wayne State University Law School, practiced Law for ten years, and then was trained at the Rolf® Institute of Structural Integration and received her certification as a Rolfer in 1987. She completed her advanced training and certification in 1993. She continues as a member of the Rolf Institute, the IASI, and the Guild for Structural Integration. She is a certified Structural Integrator by CBSI. She has practiced in Birmingham, E. Lansing and Southfield. She continues to study body mechanics and techniques in order to best assist any client who comes in for her services. She became affiliated with The Downing Clinic to be more available to patients there as well as previous patients from North Oakland County. For more information, please see [www.theiasi.org](http://www.theiasi.org), [www.rolf.org](http://www.rolf.org), or [www.rolfguild.org](http://www.rolfguild.org).

Kathleen is available by appointment on Tuesdays and Fridays by calling the clinic at 248-625-6677.