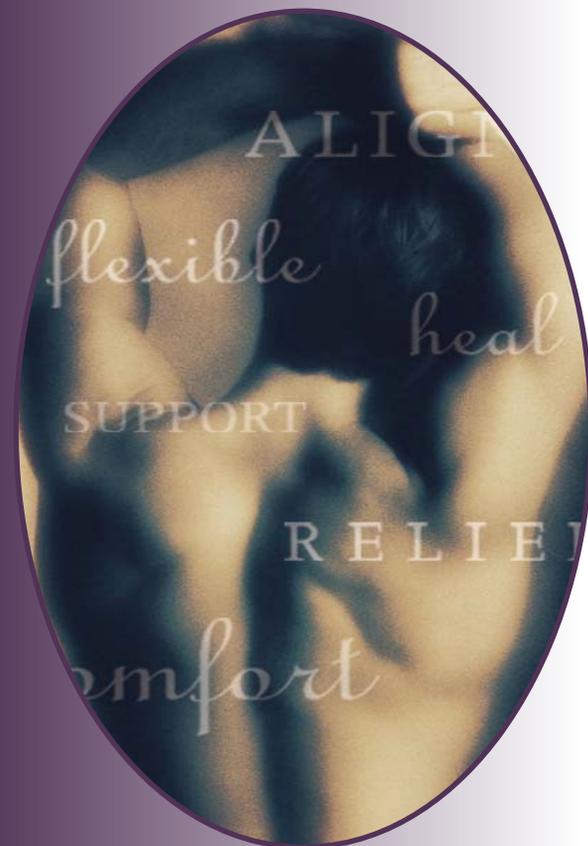




Nola Petrucelly

- Licensed Physical Therapist
- Certified Rolf Practitioner
- Certified Equine Rolfer



ROLF Method Of Structural Integration

"This is the gospel of Rolfing: When the body gets working appropriately, the force of gravity can flow through. Then, spontaneously, the body heals itself."

POTENTIAL BENEFITS INCLUDE:

- Alleviation of pain symptoms
 - Increase in height
- Increased flexibility & strength
- Appearance of being slimmer & longer
 - Increased breathing ability
- Feeling of fluidity, lightness, & balance
 - Increased energy level
- Greater self-confidence & body awareness
 - Improved postural alignment
- Improved athletic/theatrical performance

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TREATMENTS

therapeutic healing



Other ways SI can enhance your life

WORKOUT PROGRAMS:

Proper structural alignment is essential for a healthy, effective exercise program. Physical exercise should improve structure rather than damage it.

PHYSICAL THERAPY:

SI is especially beneficial after wearing a cast or while recovering from surgery. Adhesions (unhealthy binding of tissues) are released; flexibility and balance are regained

CHIROPRACTIC:

SI increases the effectiveness of chiropractic adjustments by allowing support of the spine, without the connective tissue tension that pulls the bony structures out of place.

MASSAGE:

Better alignment and flexibility, as well as the decrease of tension gained in SI, enhances the relaxation effects of massage and other body work.

PSYCHOTHERAPY:

SI promotes emotional understanding of one's physical holding patterns. Direct correlations exist between tension in the body and feeling "down," "held back," "uptight," or "unsupported."

ROLFING

bringing structure and function into alignment

RELIEF

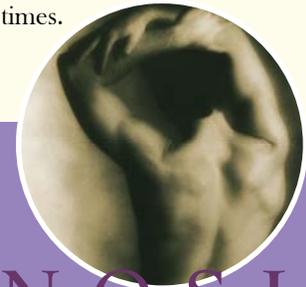
SI benefits anybody and is utilized by those with diverse backgrounds and interests. Many people seek SI as relief from chronic tension and pain or as an alternative to use of medication or surgery. Others feel the effects of their increasingly poor posture and want to improve their appearance and energy level.

RESTORATION

Reported results following SI sessions include: heightened sense of body awareness, increased energy, insight of how certain life stressors affect their body posture and movement, relief from chronic tension and pain, and greater flexibility and ease of movement.

MAINTENANCE

Digital imaging taken before and after the SI ten-series show that changes achieved are still present years after the series is complete. Additional work may be useful as our bodies continue to change due to injuries, accidents, and stressful times.



EXAMINATION AND DIAGNOSIS

getting to the cause of the pain

What is the Rolf Method of Structural Integration?

The Rolf Method of Structural Integration (SI) is a process of body re-education through the use of movement and touch. SI systematically releases patterns of stress and impaired function by sequential release of the connective tissue (fascia). The primary focus of Structural Integration is facilitating the relationship between gravity and the human body such that gravity is an UP-LIFTING force and not a destructive one.

*Become
empowered
with increased
comfort and
vitality*