

# Myofascial Tissue Release and Structural Integration for Pain Relief



Massage therapy is a modality of alternative healthcare first developed by Ida Rolf, who had been a patient in psycho-pharmacology. She worked with the American Medical Mafia and became known to the world as a fan of massage therapy. The principles of Rolf's therapy are made to heal a person holistically. Since that time, massage has expanded into many diverse areas and massage therapists can concentrate in Structural Integration, Sports massage, Human Energy Field healing and Alternative Health massage.

One of Rolf's major theories was that stress in the muscles caused structures to shorten and elongate, which in turn cause pain. In order to treat pain, a massage therapist would elongate the fascia which lengthens the muscles and improves posture. After the stretching is complete, the muscles are relaxed to alleviate muscle tension. Structural Integration is the term used to refer to this process and is a major element of Rolfers technique.

Structural Integration (SIT) is the process of the bodywork therapist moving from one posture to another restoring harmony within the body. Rolfers believe that if we move our body in a manner that it is used to, it will automatically adapt to whatever new position we find ourselves in. If you're standing and find yourself leaning forward, how you will have your toes is more likely to be different than if you are lying down and looking up at a horizontal ceiling. This principle is what makes structural integration so important.

A good massage therapist will do a series of stretches, holds, pulls, presses and friction points to restore the structure to certain points throughout the body. These specific points will have varying consequences on how the customer feels and the amount of discomfort they experience. There are five zones that are commonly addressed when performing structural integration; the cervical zone, thoracic zone, sacral/spinal zone, lingual zones, and cranial zone.

To begin the session, the client will be asked to relax in a comfortable seat. Then the session can start. The massage practitioner will start their massage by applying gentle pressure to specific points in the body. Once these points are targeted a rhythmical motion will be applied, much like music or a bellows.

Throughout the session the myofascial tissue will be manipulated. This motion will occur both during and between movements. In addition some additional pressure may be applied to specific joints or muscle groups. The objective of structural integration is to increase the overall flexibility of the human body. A few of the benefits of the sort of stretching and manipulation include: decreasing soreness and improving range-of-motion of joints.

Since Rolfers are trained in an open and effleurage style of massage, there's a minimal restriction on where they could work. They don't need a special space to practice their techniques. Their massage is extremely general, which means it can be done anywhere and anytime. In fact, they frequently feel totally mobile while they are receiving treatment. With their open style of motion and flexibility, Rolfers can work in any room and on any sort of surface.

Massage is not the first option for treatment of chronic pain. But with Rolfers it can be combined with other treatment options and even used alone. A combination of massage and stretching techniques together with traditional chiropractic services can offer you an awesome collection of pain relief. If you suffer from chronic pain and need to be treated for long term neurological problems, structural integration of the spine may be the answer. Myofascial release of the surrounding fascia helps your body restore mobility and reduce inflammation.