

**BACK, NECK, SHOULDER, HIP PAIN?
Tired of Painkillers? –Hate Surgery?
Try KMI STRUCTURAL INTEGRATION!**

...and find: balance, grace, and ease of movement you'd forgotten (or never knew) were possible!

Pain directly from an injury will usually disappear in a few weeks, if given the chance. Long lasting, chronic or recurring pain, however, is often a response of the body trying to compensate for a shortness or restriction somewhere else in the body. Neck or shoulder pain is often the result of a thoracic or abdominal adhesion. If so, no amount of bodywork or surgery on the neck or shoulder will "fix" the problem, at least for more than a few weeks. For a problem to really go away, it's source must be addressed.

This is Structural Integration's strength: other modalities may indeed *look* at the whole body, but they still *see* (and work on) a neck, a shoulder, and a back. "Structure" refers to the relationship between all parts of the body; "Integration" to ensuring that all parts work *together* to produce more efficient, effective, balanced and graceful, truly *Integrated* movement.

Exactly what *is* Structural Integration? [SI]

SI is not a technique, it's a process. Pioneered by Dr. Ida Rolf in the 1960's, the aim is not to fix problems, but to free the structure so that the body's natural lift and ease of movement will be released from habitual, work-related, or trauma & injury related patterns. The organ we manipulate is *fascia*, the connective tissue which holds the whole body together, and which gives muscle it's length and shape. Fascial structures also pull on bones, which in life are *very* flexible. The *alignment* of joint surfaces, and the alignment from one joint to the next can be corrected, thus minimizing wear and tear. One of the *techniques* we use is a slow, firm pressure over muscle surfaces that actually *melts* the fascia, like warming butter or honey. Around joints a more focused pressure similar to *Myofascial Release* is used. The client is encouraged to give verbal feedback as necessary, to ensure that pain is avoided. Movement by the client while the practitioner holds fascia in place also helps align the tissues. After the possibility of improved body use is opened in the first few sessions, sometimes the client just starts naturally moving in a freer, less stressful way. But old habits die hard, and often some movement education is included in the later sessions.

A series of 12 sessions, one to two weeks apart, covers the entire body, from outside to inside, top to bottom. Each session builds on the last, so deeper aspects are worked on as they become available. The changes made in one session open the door to deeper and longer lasting change in the next. As progress is made for the body to adopt more functional patterns, the change becomes permanent, and even self-progressing. Often 6 months after the last session, positive changes and releases are still being felt.

Does it hurt?

Areas where a lot of emotional content is stored are often very sensitive. Releasing these areas is also extremely rewarding. It is important for the client to control the intensity of sensation he is comfortable with, by giving verbal feedback. Often the relief felt after the work is so great that the client will indeed invite a depth of work that *is* painful, but "it hurts

really good" is a typical response. If the client says "stop" (or some other pre-arranged magic word), we stop instantly, and so does the sensation. If one doesn't want to go to this extreme, the work will just take a little longer.

Visceral Manipulation

SI is not limited to the bones and muscles; the thoracic and abdominal organs are all surrounded, invested, supported, and held in place by connective tissue as well. After an accident, illness or surgery, they may become held *too much* in place, and not be free to carry out their intended function. Additionally, skeletal joints are often affected by visceral restrictions. As examples:

- A fixation of the bladder against the inner hip during pregnancy is a common cause of hip pain and the eventual wearing out of joint surfaces, often ending in hip replacement surgery decades later.

- The heart and lungs are suspended by ligaments from the neck and back. Therefore, neck pain is often caused by lung lesions after a respiratory infection, or by the shortening of the heart's suspensory ligaments after they are stretched by an accident in which the steering wheel stops the rib cage, and then the heart, still moving, slams into the sternum. This is called whiplash, and no amount of neckwork or surgery will help until the heart is no longer pulling the neck into the chest cavity.

- Changes in the uterus near menopause can pull on the shoulder (in a very roundabout manner), and any shoulder work will only offer temporary relief until the uterine ligaments are freed.

Emotional trauma can also cause a tightening and fixation of visceral organs; the emotional release possible with visceral manipulation is extraordinary. Abdominal surgery is a huge culprit in tying up the human system. A scar on the surface is the tip of an iceberg of loose connective tissue (like bubble gum), formed as the body tries to heal itself, spreading over the course of years from one organ to another as each one in turn becomes immobilized and irritates the next.

The VM work itself, developed by French Osteopath Jean-Pierre Barral, is gentle and non-invasive, done from the surface of the body with a "listening touch." Light hand pressure flows *into* the lines of tension, not against them, until the adhesion or spasm is located, and then gently released. As always the more the work is needed the more intense the sensation will be, but also the greater the relief will be.

Jamie Huntsberger's Bio

Jamie has been certified by Kinesis and by IASI [International Association of Structural Integrators] to practice SI since 2004. After a twenty year long career of organic farming, sheepshearing, horselogging and shoeing, urchin and scallop diving, and finally, 7 years as the caretaker of a small private island, Jamie finally discovered what he wanted to do when he grew up. (Actually it was a return to where he'd started out, first at Colby College and then at Canadian Memorial Chiropractic College). In 2003, He took Fundamentals of Somatic Practice at the Rolf Institute and then finished his SI training at *Kinesis*, Tom Myers' school in So. Bristol, Maine. He continues to study visceral manipulation with Christof Sommer of Munich; and Sharon Hancoff's techniques of "cranial torque" and scar tissue reduction. He spends his free time in choral singing, Argentine Tango dancing, and playing and working with his kids and family. He still farms a little.

A note on terminology: KMI stands for Kinesis Myofascial Integration, a school of SI founded by Tom Myers, one of Ida Rolf's students. "Rolfing" started out as a slang term for structural integration, but has now become the registered service mark of the Rolf Institute of Structural Integration, one of several schools continuing the legacy of Ida Rolf's work. As such, "Rolfing" should not be used as a generic term when discussing SI.

Some Results of SI

Physically, a primary benefit of SI is an enhanced artistic and athletic ability, through greater awareness, better organization, and increased freedom of movement. It is important to remember that the mind is part of the body, and these benefits will spill over into all aspects of life, from attitude to emotion to the immune system. Here is a partial list of some conditions successfully improved by Structural Integration:

Asthma & respiratory diaphragm problems

Carpal Tunnel

Chemical exposure

Circulation problems

Complications from old injury & surgery

Emotional Trauma

Endometriosis

Frozen shoulder

GERD

GI tract difficulties

Joint Pain

Liver, Kidney, & Gall Bladder issues

Migraine headaches

Numbness & other nerve problems

Pelvic dysfunction

Plantar fasciitis

Pre-pregnancy, Prenatal, and Post Partum issues

Sacroiliac Joint problems

Scar Reduction

Sciatica

Scoliosis

Survivors of abuse

Tension headaches

TMJ dysfunction

Uterine problems

Whiplash

