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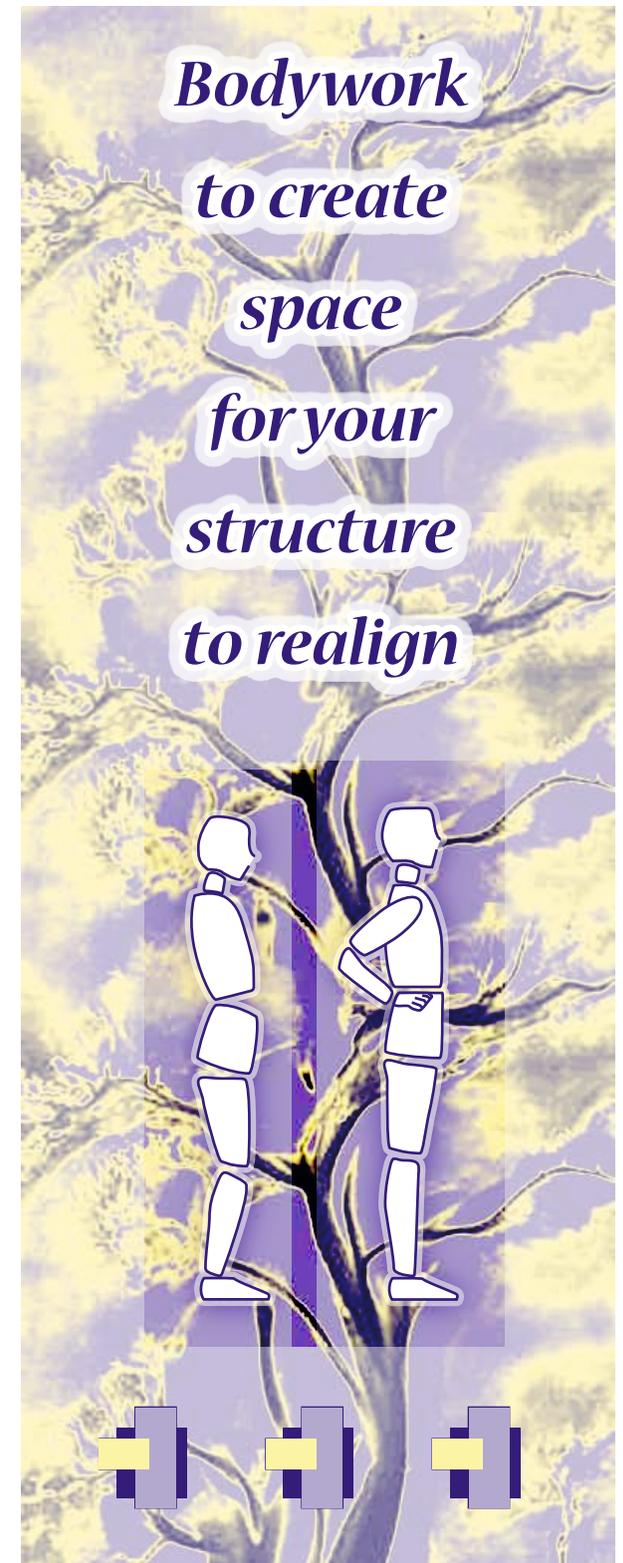
In 2007 she studied at the Kinesis School, where she discovered her passion for structural bodywork!

She is currently a teacher-in-training with the Kinesis school (KMI), a member of the American Massage Therapy Association and certified by the International Association of Structural Integrators.



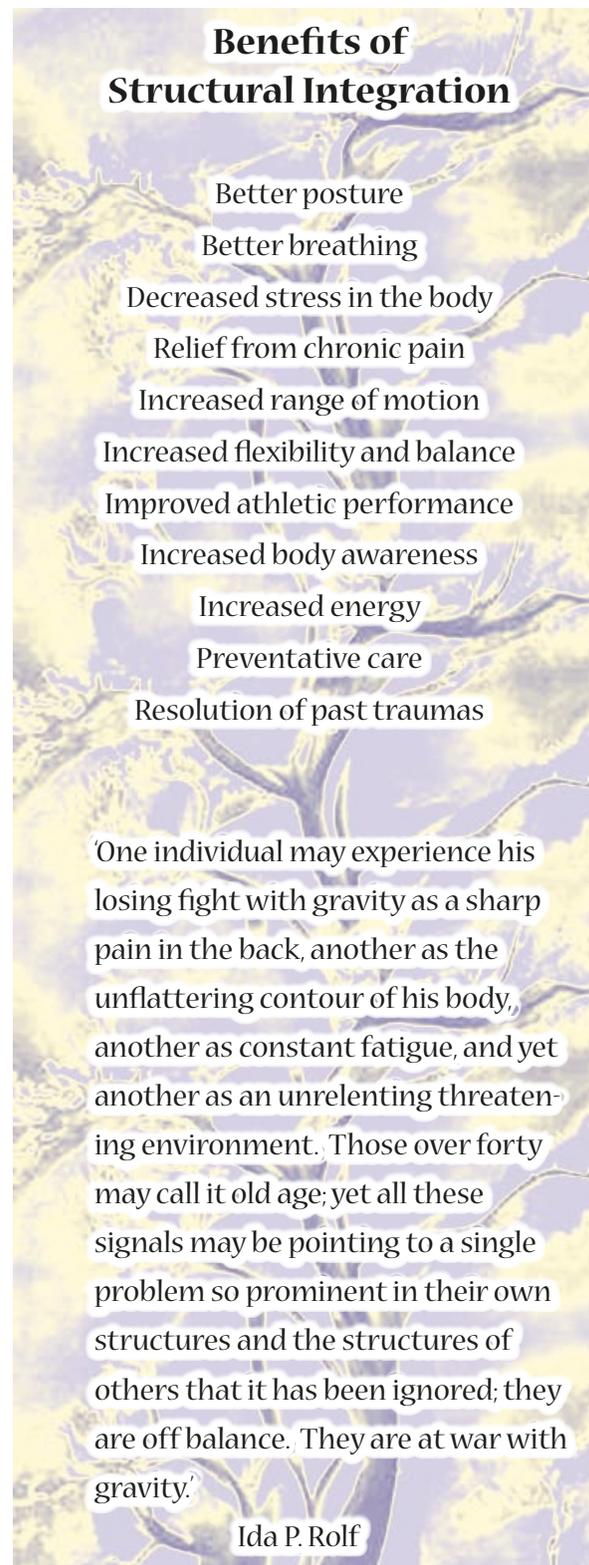
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What is Structural Integration?

Structural Integration (SI) was developed over sixty years ago by a pioneering biochemist and physiologist, Dr. Ida Rolf. SI promotes well-being by enhancing the body's pattern of organization. It balances the body in gravity and enables participants to function at successively high levels of efficiency and ease. SI is a system of 'hands on' myofascial manipulation which honors the whole person, having a dramatic affect on body, mind and spirit. Myofascia refers to the body's muscles and connective tissue structures. Fascia is the connective tissue; it's 'the organ of structure' in the body. It supports the skeleton and soft tissue, position of the bones, determines the directions of muscle pull and of movement, and gives the body its shape. The purpose of structural integration is to balance the body within the field of gravity. Gravity profoundly influences us every moment of our existence. Yet, like air, we almost forget it exists. Gravity is designed to come down through the top of the head through the bones into the feet. If the relationship of a muscle is impaired through injury or chronic tension, the fascia conforms to the shortening and the rest of the body must compensate to maintain balance. The job of structural integration is to free the shortened fascia, allow the muscles to return to a balanced relationship and the body to release compensations. When the myofascial system is organized, gravity causes it to uplift and align the body's segments. As the physical structure evolves so does the emotional or personality



Benefits of Structural Integration

- Better posture
- Better breathing
- Decreased stress in the body
- Relief from chronic pain
- Increased range of motion
- Increased flexibility and balance
- Improved athletic performance
- Increased body awareness
- Increased energy
- Preventative care
- Resolution of past traumas

'One individual may experience his losing fight with gravity as a sharp pain in the back, another as the unflattering contour of his body, another as constant fatigue, and yet another as an unrelenting threatening environment. Those over forty may call it old age; yet all these signals may be pointing to a single problem so prominent in their own structures and the structures of others that it has been ignored; they are off balance. They are at war with gravity.'

Ida P. Rolf

What is SI? (con't)

structure. It fills the form. Affecting significant positive change in the body structure can have a wonderful spill over effect in all areas of one's life!

A balanced body is characterized by a flexible fluid body which works with gravity; not fighting it. The characteristics of an unbalanced body may include the following:

- Poor posture
- Scar tissue adhesions
- Chronic pain
- Range of motion restrictions
- Joint dysfunction
- Repetitive motion disorders
- Depleted energy

These may be expressed either in the form of specific symptoms or more generalized problems. SI practitioners are trained to recognize these complex patterns of strain in the myofascia. Through refined and intelligent touch, the practitioner softens, lengthens and unwinds the strain. The KMI 'brand' of structural integration concentrates on doing deep, lasting, and significant work, with anatomical precision, blended with movement re-education and sensitivity to the unfolding individual experience.

The work is done in a series of sessions, with each session building on the work accomplished in the previous session. Sessions last between 90 and 105 minutes. The effect of the work is cumulative, progressing from the 'superficial' to the 'core' layers, bringing your whole body into better balance with gravity.