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*rolfingchildren.com*

Rolfing Structural Integration, also known as Myofascial Structural Integration, is a system of manual manipulation and movement education developed by Dr. Ida P. Rolf, Ph.D. (1896-1979).

It is beneficial for most chronic childhood problems and is complementary with most recommended medical treatments. Rolfing is also very effective where conventional interventions such as drugs or surgery are not indicated or are not proving effective.

These include and are not limited to:

- growing pains
- issues relating to prematurity
- scoliosis
- poor posture (including lordosis)
- trauma
- constipation, colic and other digestive issues
- most neuro-musculoskeletal issues:
  - gross and fine motor development
  - developmental delays
  - balance, coordination and strength
  - proprioception and sensory integration
- social, emotional and behavior problems (see website for more information)
  - shyness/timidity
  - immaturity
  - concentration and attention
- low height and weight issues
- Cerebral Palsy (see Stanford University School of Medicine Research Study on website)