

a car accident.) These injuries can include adhesions that affect how the brain is balanced and can also leave nerves and arteries compressed and unable to function optimally. Such adhesions may affect not only the eyes, causing issues like Brown Syndrome, but also the entire body. There is often no apparent physical injury, but there can be bruising and inflammation from the impact causing the brain to hit the inside of the skull, and can lead to fascial adhesions that affect how the brain is positioned. This can have a subtlety that a medical doctor might not necessarily consider, but the injury still can put micro-tears in the connective tissue, just as with an injury to any other part of the body. From this there can be a broad scale of issues and severity, including mild to severe memory issues and emotional and noise sensitivity.

Besides Roling SI, I've studied many modalities like visceral manipulation and craniosacral therapy, and it is difficult to put into words the amazing teachings I've received from Advanced Rolfers and osteopathic manual practitioners trained in Canada. However, even with all the wonderful teachers and training from these folks, horses have been my greatest teachers – teaching me how to listen on many levels and allow the body to 'talk' to me. (In my article "Horse Listener" in the June issue of this Journal, I discussed my work with horses and how they have taught me how to become a better human being.) This is part of the subtlety that has helped me with cases such as these children with Brown Syndrome.

Felisa Holmberg works and resides in Missoula, Montana and also offers services in eastern and western Washington State. Her websites are www.therolfer.com (Roling SI and horse work for bodyworkers) and www.horseshopeforhumanity.com (horse work for personal growth).

Children and Athletics: The Archer

By Szaja Gottlieb, Certified Advanced Rolfer

My daughter Judith, fifteen, is a serious archer who for the past year trains every day for about four hours and has gone to tournaments in Florida, Michigan, Arizona, and Nevada. Her coach is in South Korea, and she and my wife travel there twice a year for about six weeks.

I did not know anything about archery previously, but as I learned about its emphasis on form and particularly balance, I knew Roling Structural Integration would be a perfect accompaniment. I did a ten-session series with her last summer, taking pictures before and after to record the noticeable improvement in her postural alignment.

Archery requires tremendous strength and stability as it is unique in being a sport of immobility (see Figure 2). From my background as a Rolfer I began analyzing the sport through tensegrity principles. If the archer was not loading properly – dispersing rather than concentrating – then the local muscles of the shoulder (trapezius, rhomboid, rotator cuff, etc.) would overwork. As a Rolfer, I emphasized that an archer shoots with the lower body, the legs, as well as the shoulder girdle.



Figure 2: The archer.

Naturally, as a result of shooting hundreds of arrows, Judith's complaints centered on the repetitive motion of elevating her right shoulder before arrow release. When she complains, I simply palpate and squeeze her shoulders from behind, which tells me just how bad it is, and also whether she is loading or shooting according to tensegrity principles, and then proceed to the table. Surprising, too, is that a fifteen-year-old neck can temporarily feel like that of a fifty-year-old. Suffice to say, the need for manual therapy is ongoing and will be throughout her career.

From experience, I believe a perfect time for an individual to get Roling SI is in adolescence. I should also mention that

at some point in time I plan on writing an article entitled, "Archery, Tensegrity, and Roling Structural Integration."

Szaja Gottlieb first received Roling sessions in 1978, which resulted in him becoming a stone sculptor, which, in turn, led to his becoming a Rolfer in 2001. He lives with his wife Ko and daughter Judith in Los Osos, California and practices in San Luis Obispo.

The Story of "The Really Shitty Friend"

By Cheryl Van Der Horn, Certified Advanced Rolfer

A woman I work with at a different job had been telling me how much trouble her four-year-old daughter had been having intermittently with bowel movements. We had been trying to get it together to do a session, yet things never seemed to fall into place. Finally one night in November, our last evening in Boise, Idaho at a conference, we were all eating dinner together (mom, dad, kid, and another coworker). At some point the girl crawled into my lap and proceeded to draw things on the placemat with the crayons she had been given. I felt her abdomen and everything felt surprisingly happy. Her glutes, however, were quite a different story. I worked on her a bit while we all enjoyed some conversation. This was a close-knit group of colleagues having a last meal together before the four-month winter break ahead of us. I didn't think much more about it.

The next day I flew back to Seattle on my way home to Alaska. When I landed there I had a text from my colleague describing the rather eventful drive they were having from Boise to Yreka, California – one that entailed quite a few unscheduled stops and running through quite a bit of toilet paper and clean undergarments, and squatting in the cold along wide open expanses of highway.

Mother, father, and daughter endured the long day, and when we reconvened the next spring it was confirmed that the girl had had very little bowel trouble over the winter, notwithstanding the varied diet while spending holidays with different branches of the family. After this incident I was lovingly called, "the really shitty friend."

Cheryl Van Der Horn has worked seasonally with wildland fire fighting 1990-2017, and as a ski patroller 1990-2003. Roling SI entered her life in 1992, however she did not get around to