



5th Line Rolfing

System of the body	What's happening in the body through Rolfing®
Blood	<ul style="list-style-type: none"> ◆ Good circulation. ◆ Nutrients and oxygen are being properly delivered by the blood to the cells, fighting off disease and ridding the body of toxins. ◆ During workouts, the blood flushes to muscle to achieve a training affect. ◆ Blood is circulating back and forth through the body warding off the signs of aging.
Nerves	<ul style="list-style-type: none"> ◆ Brain and nervous system have the ability to send a signal to every part of the body. ◆ Body communicates back to the brain that everything is good. ◆ Recoil and distortions are nonexistent. ◆ Nerves message to the fascial system is "Keep functioning properly fascia is healthy." ◆ Fascia is also a communicating system and is sending positive message to and from the brain.
Muscles & Tendons	<ul style="list-style-type: none"> ◆ Muscles are fully accessible, from origin to insertion. ◆ Muscles inside your joints are utilized and strengthened throughout movement, supporting their function to stabilize joints and prevent pain and injury. ◆ Bellies of muscles are able to contract, relax, and stretch-which means the muscle is able to function and grow and be utilised as part of movement.
Spine & Joints	<ul style="list-style-type: none"> ◆ Support structures are healthy: spine, discs, labrums, meniscus, ligaments, etc. ◆ Joints are healthy and functional. ◆ Blood is flowing through the joints, preventing inflammation. ◆ In the spine, nerve activity to the multifidus (the muscle group that helps stabilize vertebral segments). ◆ Blood flow around the spine and in the spinal cord fascia. This keeps the spinal cord open and supports proper nerve activity. ◆ Blood & fascia nerve activity nourishes discs.
Brain & Sense of Wellness	<ul style="list-style-type: none"> ◆ Brain is affected by fascia because it is covered in it and penetrated by it! ◆ Every upside that the rest of the body is experiencing in this stage, the brain is experiencing as well. Healthy nerve activity means strong signals to and from the brain. ◆ Endorphins are more easily released. ◆ Serotonin levels are more balanced. ◆ Better memory ◆ Reduced anxiety ◆ Better sleep ◆ Better sense of Well-being ◆ More energy, etc.