"The whole of Rolfing Centers around what is gravity and what it has to do with us."

- Ida. P. Rolf, Ph.D.
1977 Advanced II Class
Lucerne Valley, California

Photo by Ron Thompson
Dr. Ida P. Rolf Rolfing Dr. Brugh Joy During the 1977 Advanced II Class

Second Article Published in Physical Therapy Journal

by John T. Cottingham

...Linearity probably arose originally as a projection of man himself, because man speaks linearly - one word after another - he tends to think linearly, one idea after another.... Basically this was the frame on which the physio-mechanical revolution of the 17th century was constructed.
....When I was a "scientist" fifty years ago, my credo was that given time, this type of science of logical, linear thinking would describe...all that is within our universe. Life and time have uncovered the limitations of the notion.... The universe is opening - its "nothing but" hard boundaries are disappearing. It is becoming defined by the position of its center rather than by hard boundaries.... A closed universe can be seen as a projection of - a higher abstraction of -an Open Universe.

-Ida P. Rolf, Ph.D.
Structural Integration and the Open Universe.
1974

Enclosed with *Rolf Lines* is a reprint of our second article appearing in the September 1988 issue of *Physical Therapy, The Journal of the American Physical Therapy Association*. Co-authored by Stephen W. Porges, Kent Richmond, and myself, the article describes our 1987 investigation, a clinical-oriented study demonstrating that a single post-ten Rolfing session can produce the following dramatic changes:

1. Shifts in structural alignment (increased horizontality of the pelvis) with therapeutic implications for low-back problems;
2. Improved physiological function (i.e. optimal autonomic activity as measured by vagal tone) that is associated with horizontalizing the pelvis -supporting Rolfing's efficacy in stress management.

A 24-hour follow-up assessment documents the longevity of these shifts in structure and physiology, providing additional support for Rolfing's sustained therapeutic effects.

In addition, Dr. Rolf's concept of the horizontal pelvis is discussed in this article in some detail. Our hypotheses for this investigation were taken from her formulations. The theories of Rolf, Oschman, and Szent-Gyorgyi regarding the phase transition that occurs in connective tissue's ground substance in response to deep pressure are also presented. Finally, our interpretations of the neurological mechanisms behind the observed autonomic shifts are outlined.

We are currently conducting a five-month, longitudinal investigation to explore the effects of Rolfing on pelvic inclination, lumbar flexion/extension, and autonomic function. This study is supported by a $27,000 grant received from the Fetzer Foundation in July, 1988. The Rolf Institute has provided $9,000 in a three-way matching fund agreement among the Fetzer Foundation, Frances Nelson Health Center, and the Rolf Institute.

If you wish to support the 1988 investigation, please make your contribution check payable to the "Rolf Institute" and designate to "Cottingham Research - 1988".

<<><<>>