

WHY CHOOSE STRUCTURAL INTEGRATION?

People usually seek SI because of discomfort, unease, restriction and/or chronic pain issues.

Common reasons to seek SI:

- * Sports injuries
- * Poor posture
- * Restrictions in movement/mobility
- * Carpal tunnel syndrome
- * Plantar fasciitis
- * Chronic Pain ~
Neck, shoulders, low back, hips, knees
Ect...

Benefits of SI:

- * Increased athletic performance
- * Increased flexibility
- * Increased range of motion
- * Increased energy
- * Feeling more at home in your body
- * Improved body awareness
- * Improved coordination
- * Less injury prone
- * Less aches and pains, if any

With SI, 'the body lives its full length, rather than being held in shortness and compression'



ABOUT MELISSA



Melissa's passion in bodywork began years ago as an Licensed Massage Therapist. During that time she discovered how the connective tissue (Fascia) is the web that binds our bodies. Melissa pursued a shift in her career by graduating from the school of; Anatomy Trains Structural Integration (ATSI), by doing so she became a *Certified Structural Integrator*.

MELISSA MICHAEL LMT, ATSI

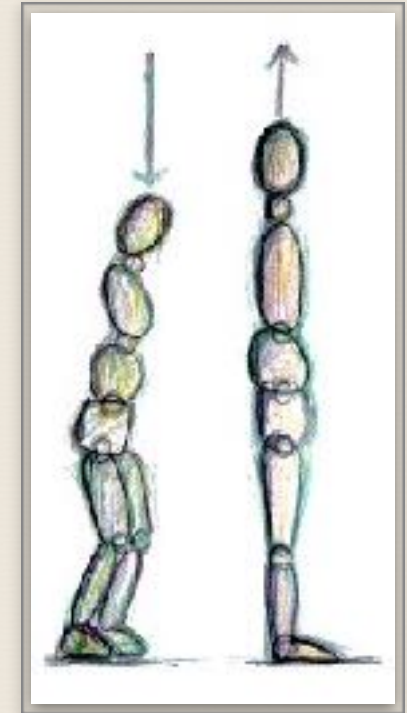
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~Located at Fairhope Physical Therapy~

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WHAT IS STRUCTURAL INTEGRATION?



Structural Integration is a holistic method of bodywork which has a global approach to the body. SI specifically works with the connective tissue (Fascia) in the body to elevate its length, functionality and structural balance.



WHAT TO EXPECT:

- ❖ Each session will begin with a body reading which we will review together in order to create a plan that is specifically tailored for you.
- ❖ During treatment you will be asked to move as we work to gain the reorganization and glide of the desired tissue. I will always keep you informed and instruct you in ways to aid in your best results. Occasionally it is beneficial to 'expose' pain stored in the body, but 'imposing' pain is not part of SI work.
- ❖ Unlike massage, there are no lotions or oils used.
- ❖ SI work is done while wearing undergarments. For added comfort please bring with you - Women: a 2-piece bathing suite or a sports bra and full coverage underwear. Men: running shorts or boxer briefs. Your comfort is paramount.
- ❖ While most sessions will be done on the therapy table, some work is done while sitting on a bench.
- ❖ Each session is built off the last, allowing us to address each fascial plane as we move towards total body integration.
- ❖ Each session will last between 75-90 minutes, depending which fascial line we will be working on.

ANATOMY TRAINS 12 SERIES

Anatomy Trains Structural Integration (ATSI) springs from the pioneering work of Dr. Ida P. Rolf, as developed by Thomas Myers. ATSI consists of a *multi-session* protocol (usually 12) which deals with a different fascial plane or set of relationships in the body, progressively working around the body, and from superficial to deep and back again.

This process has a beginning, middle and an end. It is not an ongoing therapy.

SESSIONS 1-4:

The first four sessions deal with differentiating the superficial fascia and muscles. Strategically, these sessions loosen the body's "sleeve".

We will address the front of the body, the back of the body, the sides of the body as well as opening and coordinating the right and left sides, from head to toe.

SESSIONS 5-8:

The second four sessions work the soft tissue structures that relate more to the deeper aspect of the body (closer to the bone). With these sessions we will start at the feet, moving up the body to the pelvis, the deep core muscles, the spine, ending with the neck and head.

SESSIONS 9-12:

The last four sessions act as the final foundation for the previous eight sessions. We will weave and integrate the legs and pelvis, pelvis and torso, shoulder girdle and arms and lastly the spine. These final sessions being the ones that tie together your personal goals which were set for your 12 Series. You will continue to see results long after your 12 Sessions have ended.

PRICE LIST

Structural Integration: \$120
(Each Session)

12 Series Package: \$1296
10% Savings - paid in advance

Structural Bodywork: \$120

~All sessions will last about 75-90 minutes~

HOURS

Tuesday: 9-5

Wednesday: 9-5

Thursday: 9-5

By appointment only

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'Your body hears everything your mind says'



www.anatomytrains.com