

# Structural Bodywork

## 12 and 3-session series

### What is Structural Bodywork?

Structural bodywork is a method of hands on therapy that assists with creating change to unhelpful postural patterns that people have adopted over the years. By engaging with the myofascial tissue to create more space and glide to the tissues, the body is allowed the choice of having more freedom of movement.

### What is the difference between this type of treatment and a massage?

A session typically lasts for 90 minutes and there are noticeable differences between this type of bodywork and massage. The sessions are a process that takes your individual postural patterns into consideration, hopefully instigating better balance structurally and therefore more efficient functional movement with less mechanical stress.

The first difference that people notice is that the practitioner does not use oil. Instead I will use a very small amount of wax which allows me to create a tissue tension and stretch rather than gliding over the skin. Other noticeable differences are that you are actively involved in the treatment rather than just lying down and resting as is the case with a massage. During the treatment I will ask you to stand up from the table and walk around so that I can adapt the treatment per changes that happen throughout. I will also ask you to make small moves on the table whilst I work, so that the tissue can be stretched and space can be created where adhesions of tissues on one another have occurred (often a cause of pain and restriction).

During the sessions, I will often need to work on you without you being draped, which means you will be laid, seated or standing in your underwear, or similar clothing which allows you to move whilst I work on you without being hindered by towels.

### What is a three-session series?

This is a process of treatments that take your individual pattern throughout the whole body into consideration. At the first session, I will work on your feet, legs, hips and pelvis. In the second session, I will work on your abdomen, breathing, shoulders and arms and in the third session I will work on the spine,

head, neck and jaw. However, on each session we finish with a little work to the neck, pelvis and back.

### How often do I need to have a treatment for the 3 or 12 series?

Ideally the treatments are spaced around 1 week apart. If doing the 3-series it is sometimes helpful to have another set of three around one month after the first set.

### 3 or 12 series?

For more severely adapted postures the 12-session series work is more appropriate. This is known as structural integration. The appointments for a 12-session series are again spaced approximately 1 week apart but after the first 4 sessions some people like to have a break for a month, giving their body the opportunity to adapt to its newly created space. The 12-series works is done in a different order to the 3-series – for this we work what are known as the sleeves in the first 4 sessions, followed by the core for the next four and then in the last four we integrate everything done in the previous sessions and balance the myofascial lines and joints. You will be given explorations of body movement to be done at home and with this and the treatments you will begin a journey of discovering or re-discovering movement and awareness.

### Will it hurt?

There may be times during a treatment that you find it a little more sensation-full and challenging, this is often where areas have become congested and held. My aim is to work sensitively and with full awareness towards you so as not to cause discomfort that is unacceptable. It is better that I keep you engaged with the treatment than have you 'check out' due to it being painful.

### How do you evidence the changes in my posture?

You will probably feel changes throughout your everyday activities or become more aware of what activities and postures are uncomfortable or you can do with more ease. I will document this at the start of each appointment. These differences that you feel are an extremely important part of your sessions, because awareness is the start of re-educating your system into new ways of doing things. I can also take photographs of you at the beginning of the sessions, this can be useful for you to see subtle changes in a 12-session series. For the 3 session series photographs are useful for analysis but only very subtle changes can be seen and they are not always obvious to the untrained eye. It

is however very common for people to report positive changes in the way they feel after a 3-session series and this is far more important than looking for the 'perfect posture', which in all honesty no-one has! If you would be happy to have photographs taken I ask that you wear underwear or shorts and for ladies also a bra or sports top for the photographs as this allows me to see where your bends, tilts and rotations are in both the upper and lower body. You will need to sign a consent form for the photography which will allow you to stipulate exactly what the photographs can be used for.