

November 8, 2019

newsletter



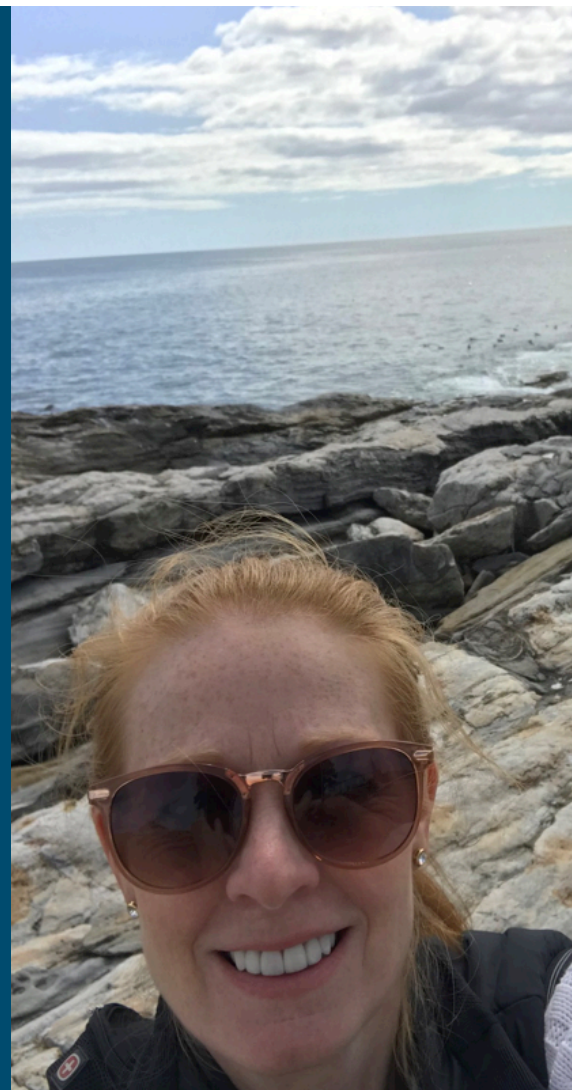
Where is Adrienne and why is she away from her office?

Hello my fellow clients

Thank you for understanding that I have been less available over the past few months! As most of you know, I have undertaken an intensive year of studying. Yes! Back to school again!

For those who have been my clients for many years, know that I am very passionate about learning. It stems from the fact that I am always being challenged by the human body and its complexities to which are being presented to me daily (that's you guys!). I feel so grateful that no two individuals are the same and I need to accommodate my treatments sessions based on your body needs.

So far, I have been able to use my knowledge from my anatomy and physiotherapy degrees, osteopathy diploma and dry needling certificate. Although I have a good base of knowledge, I felt that I was missing information on how to properly assess and treat your **POSTURE**. I started to do some research and discovered that **FASCIA** plays a large role in maintaining a person's posture.



What is fascia?

Fascia is a tissue that is like a supportive web which surrounds all our tissues including our bones, muscles, circulatory system and even our organs. It is there to help things stay in places and provide more strength to our muscles and joints. Most importantly, as I recently discovered, it plays an important role in our **posture**. So how do you treat this fascia structure that is found literally everywhere in the body? Using a series of treatment sessions called **Structural Integration**. It was originally developed by a woman called Ida Rolf and it was one of her students, Tom Myers who then brought it further and created a program called **Anatomy Trains Structural Integration**.

The Anatomy Trains offers an intensive 3 part program off the coastal shores of Walpole, Maine USA to which I have completed part 1 (3 weeks) and part 2 (2 weeks). The part 3 will take place in the spring (3x 10 days) and will be completed by the end of June 2020. I will be one of a handful of structural integrators in the province of Quebec! Now that I have completed part 2, I can offer a **3-part series of Structural Bodywork** and after part 3 I will be able to provide a 12-part series of Structural Integration.

WHAT IS A 3-PART SERIES OF STRUCTURAL BODYWORK?

It includes **3 treatment sessions of 90min** that will involve a new way of exploring your body and the interdependent relationships in relation to posture. **The goal is to initiate change in your posture and this will help you better feel more balanced in your body.** We will be working together using deep tissue fascial techniques with active movements that I will help release the tension on myofascial lines, activate muscles and allow for a better glide between your soft tissue layers. This in turn allows better **hydration** and **homeostatic balance** in your soft tissues. You should feel lighter and more stable in your body. You will also take home a new sense of awareness regarding your posture.

The process of releasing myofascial tissues can feel “sensation-ful” – involving feelings of stretch, or even burning sensation. The level of this sensation is within your control and together with good verbal communication we will find what is most comfortable for you that allows you to get the maximum value from each session, consistent with your comfort and acceptance. The idea is that when the fascia is released, the pain will also be released. It is also not unusual to have emotions surface during the sessions as there can be memories of old injuries stored in your fascial tissues. This is a positive sign that the process of unwinding is underway.

IF I AM INTERESTED IN A 3-PART SERIES, WHAT ARE THE STEPS I NEED TO DO AND WHAT CAN I EXPECT?

Please contact my secretary Louise Labelle by leaving a message on my office number **450-424-3714** or by email: adrienne-osteo@videotron.ca.

Let her know that you would like to book 3 appointments for the **3-part series (no more than 1 month apart) of Structural Bodywork**.

EACH SESSION WILL BE **90MIN** LONG AND STARTS AND ENDS WITH A POSTURE ASSESSMENT.

Session 1

focuses on the pelvis, legs and feet

Session 2

focuses on the shoulders, arms and hands and will open the breath via the ribs and abdomen

Session 3

focuses on the spine and makes the connection with the pelvis and shoulders

The cost of each appointment will be \$120.00 and a physiotherapy receipt can be provided. Payment can be made in cash, email money transfer, cheque or credit card (not interact).

The 3-part series will require you to be in minimal clothing as I will be looking at and treating your entire posture from head to toe. For female clients, a bra with shoulder straps (not sports bra type that covers the back) and underwear or 2-piece bathing suit works best. For male clients, boxer shorts or shorts with a built-in liner (not too long for the shorts).

If you have any further questions, please feel free to send me an email adrienne-osteo@videotron.ca. I have also included below a few articles below that you may find interesting that can provide you with more insight to what is Anatomy Trains and Structural Integration.

*I look forward to working with you on this new journey in search of your **BEST YOU!***



REFERENCES THAT MIGHT BE USEFUL IN UNDERSTANDING FASCIA AND STRUCTURAL INTEGRATION

Here is a video explaining fascia and anatomy trains by Tom Myers the founder of Anatomy Trains: <https://www.youtube.com/watch?v=oSa6KbosJS0>

If you are interested in watching a short video on what fascia looks like in the body click on this link: <https://www.youtube.com/watch?v=qSXpX4wyoY8>

If you are interested in learning more about Anatomy Trains teaching you can visit their web site www.anatomytrains.com and learning about the history of Structural Integration.



Kind regards,
Adrienne



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