

## ROLF METHOD INTERVENTION NARRATIVE

| Sereis Session and Date of:              | Session Objectives (Rolf Institue curriculum, 2006)   | Clinical Findings  | Movement Cues   |
|--|---|--|---|
| 9/28/2020 MiniBESTest & Rolf Session # 1 | 1.Horizontalize pelvis 2.Improve vital capacity 3. Vertically align body regions AIM: Lengthen front body KEY: Superficial fascia | Score: 13 points of 28 points -Apical breathing pattern -stands with ant. pelvic shift and -walks on outside of feet             | "Fill sides of lower rib cage and belly with your breath."  |
| 10/1/2020 Rolf Session #2                | 1.Ground the system 2. Balance the foundation 3. Free fibula AIM: Lengthen the back KEY: Erector Spinae                           | Gait=glutius medius weakness & she avoids rolling through 1stMTP R>L to avoid crossover toe -Knee bend=quad dominance            | Tripod of feet for support:1st &5th MTP's with heel. "Feel equal weight front back and sides and between feet"  |
| 10/6/2020 Rolf Session #3                | 1. Establish lateral midline 2. Integrate front and back 3. Free 12th rib AIM: Lengthen sides KEY: Quadratus Lumborum             | Tissue around fibulas very congested, Tight QL and Serratus Posterior Superior   | Standing sideways on slanted surface while reach through floor with foot and out of hip upwards.  |
| 10/13/2020 Rolf Session #4               | 1. Establish an internal line 2. Organize the pelvic floor 3. Awaken core AIM: Lengthen internal line KEY: Adductors              | Gait seemed to have less opposite ilium from during mid stance   | -Standing sideways on slant board, "reach big toe through floor to create lift through LE and hip"  |
| 10/20/2020 Rolf Session #5               | 1. Define functional relationship between abdominal wall and hip flexors AIM: Iliopsoas & Rectus Abdominis KEY: Rectus Abdominis  | Posture=less craning of suboccipitals -Able to breath diaphragmatically when cued. -"My knees don't hurt going down the stairs." | 1.Supine, hold lumbar and pelvis in neutral, let therapist move hip. 2.Hip hinge from stand to sit with dowel on back as reference for neutral spine position |
| 10/27/2020 Rolf Session #6               | 1. Free the sacrum 2. Establish breathing pelvis  | Supine Straight leg raise approx. 80 degrees hip flexion. Seated roll down=flatness at lumbodorsal region                        | "Walk heel to toe with weighted tailbone."  |
| 11/3/2020 Rolf Session #7                | 1. Create horizontal head 2. Establish breathing cranium 3.Put head on top of neck  | "Tripped over curb last week & caught myself from falling." -Anterior head carriage  | "Let eyes rest in sockets." "Tuck chin to lengthen back of neck." Standing shift pelvis back and forward, head stays in same place."                          |
| 11/10/2020 Rolf Session #8 (Lower)       | 1. Organize horizontal hinges 2. integrate blocks 3. Create stable base.  | "Can cross legs sitting in car." Still tends to thrust shoulders back and lift chest to stand tall.                              | 1.Supine core bracing, while allowing therapist to move LE passively. 2.Contralateral movement in gait.   |
| Rolf Session #9 (Upper)                  | 1. Create lift from from above 2. Initiate appendicular movement from lumbodorsal hinge   | She is able to differentiate shoulders from torso. Work to tissues of anterior neck and chest for head posture.                  | Seated neck rotation with axial elongation, progress to standing and walking  |
| 12/8/2020 Rolf Session #10               | 1. Horizontalize all hinges 2. Create functional whole 3. Provide dynamic stability 4. Encourage autonomy                         | Quads, psoas, adductors manipulation while client does standing knee bends to reinforce pelvic neutral.                          | Manual Perturbation to challenge standing posture, "Don't let me move you."   |
| 12/8/2020 MiniBESTest Test               |   | Score: 22 points of 28 points  |   |