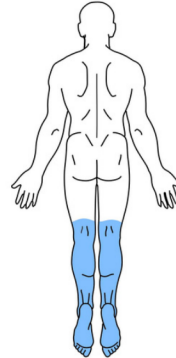
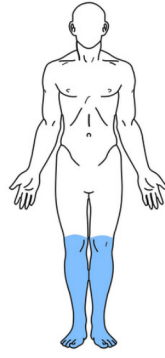
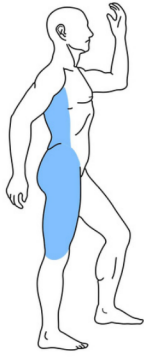


Rolfing Ten Series

*Anatomical structures listed as examples, not a complete list.

Sleeve

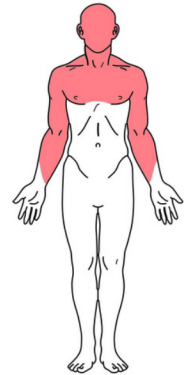
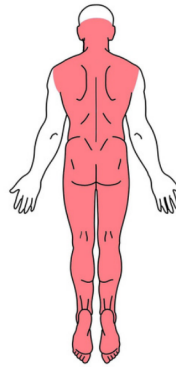
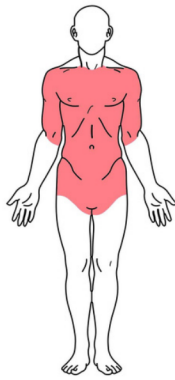
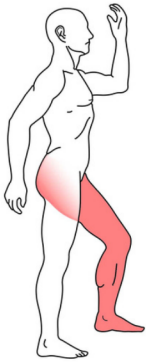


1 Pectoralis major/minor, Trapezius, Subscapularis, IT band, Hamstrings

2 Peroneals, Gastrocnemius, Soleus, Talus, Calcaneus, Flexor/Extensor retinaculum

3 Quadratus lumborum, Greater trochanter, Iliac crest, IT band

Core



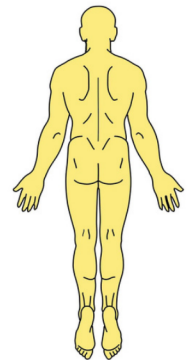
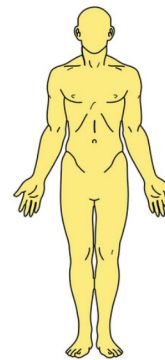
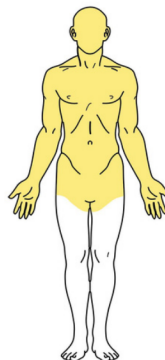
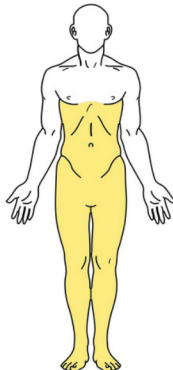
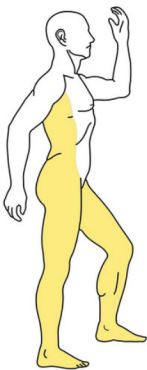
4 Adductors, Hamstrings, Ischial tuberosity, Obturator internus

5 Costal arch, Diaphragm, Abdominals, Iliacus, Psoas major

6 Gastrocnemius, Soleus, Hamstrings, Deep rotators, Erectors spinae

7 Scalenes, SCM, Hyoids, Suboccipitals, Longus colli, Masseter, Pterygoids

Integration



8 Revisit important territory of *lower body*

9 Revisit important territory of *upper body*

10 Mobilize surface layer of deep investing fascia