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Dr. Ronald Tarrel, Neurologist, Refers Surgical Patients to Rolfing®

Dr. Ronald Tarrel, D.O., a neurologist, at the Noran Neurological Clinic in Minneapolis, says, "I refer my patients to Certified Advanced Rolfer," Wayne Henningsgaard.

"Patients who may be surgical candidates, or others that have had surgery for neck and back injuries. Universally, I have had an 80-85% success rate with these referrals. One key reason I refer is that Rolfing offers relief to patients who think their left over pain is due to failed surgery. They may be so tightly bound after the surgery from the scarred tissue that their soft tissue needs to be released. Rolfing can help greatly with this."

"As an osteopathic physician, I understand the value of manipulation therapy and often refer out to physical therapists, massage therapists, chiropractors, or osteopaths," says Tarrel.

"Through my training and exposure to medicine I had heard about Rolfing but was not familiar with it," says Tarrel. "In the normal course of treating my clients, I generally ask them what else they have done. I heard consistent reports from some clients about the effectiveness of the Rolfing method."

"I am active in the martial arts and was especially interested in flexibility," says Tarrel.

"My clients said their bodies had increased mobility after receiving Rolfing. They were not cured by it but it really helped."

- A 45 year old male client, said he felt back in shape, like he was in high school again, after his Rolfing sessions. He could really move again.●- The friends of a female, semiprofessional basketball and softball player told her she was moving like Michael Jordan after she received Rolfing.- A 35 year old housewife said Rolfing made her feel like a 17 year old ballet dancer again.

When Dr. Tarrel developed low back problems he decided to try Rolfing. He says, "Five years ago my low back began to be a problem and I was stiff and uneven," says Tarrel. "Even though I daily perscribe medications and physical therapy, I wanted hands on work for myself. I found a Certified Rolfer, Wayne Henningsgaard who helped me immensely. The Rolfing soft tissue manipulation provided balance, pain relief and increased movement."

"At times even though Henningsgaard didn't work directly on my low back, it began to feel better and all of sudden both sides of my body became more symmetric," says Tarrel.

"He work around the spot that was sore, in my legs, and through the hip joint, not directly on it. When I exercised I could tell I had become more symmetric and the changes held long term. I went through the Rolfing ten session series and just about every session was beneficial in a different way and my body thrived."

"I am sold on Rolfing because I get to do all the sports I want to even though I don't have a perfect back," says Tarrel. "X-rays have shown that my back does have some changes in it, a disc herniation and other things, but I know being in medicine that no one is going to make those go away. I don't need any surgery as long as I can keep it stable with Rolfing. It helps all the mechanical components that give me pain, discomfort and stiffness. Rolfing does not correct the inherent changes in my back. They are still there. If I mess it up again I go back to my Rolfer 2-3 times over a 5-6 week period and I am better again."

"I have practiced Tae Kwon Do, Korean martial arts for 22 years and have a third degree black belt belt," says Tarrel. "I also rollerblade, ski and weight train regularly. Though the Tae Kwon Do is pretty hard on my back and has begun to take its toll, I am invested in it and don't want to give up. Rolfing returns me to my more flexible self. It does not correct the inherent changes in my back but it allows me to continue to do rigorous activities and makes me more aware of my body. Rolfing gives me pain relief and keeps my body in balance improving movement and comfort so I can count on my body more. I can trust my body to behave as my mind would like it to as opposed to stopping short because it is stiff. Sometimes the right and left sides don't behave the way I expect them to. If I went regularly to my Rolfer it would keep me more balanced and stable. I do my best on my own, working with tips my Rolfer gave me to improve my performance, change bad habits and prevent injuries. I get encouragement to walk and stretch correctly

and it makes a difference. It educates me so I move better in my sports and at work. Rolfinf gives people a feeling of release in the body's nervous system," says Tarrel. "It works deeply on many levels and also benefits people emotionally, spiritually and behaviorally. A lot of people learn to let go during the session and may get a deeper feeling in their body, an emotional and spiritual release that frees them up.