

Publish the Helen 'Jimmer' James Legacy Research Archive

42 years of session-by-session structural change measurements in Structural Integration

42 YEARS of consistent, session-by-session documentation.
Ida Rolf created the art. Jimmer created the evidence.

Dr. Ida Rolf developed Structural Integration in an era without digital photography, motion capture, modern fascia science, or standardized metrics.

Helen 'Jimmer' James realized: **if fascia work changes structure, we must measure structure.** She did—and built an archive no one else created at this scale.

What Jimmer documented

- Shoulder height differentials
- Pelvic tilts & rotations
- Asymmetries & gait mechanics
- Spinal curves & rib positioning
- Fascial tension patterns
- Leg length discrepancies
- Breath expansion (thoracic movement)
- Pre/post session changes across clients

Why publishing this matters

- A benchmark dataset for fascia research
- Evidence base for Structural Integration as a legitimate clinical modality
- A bridge between physical therapy, manual therapy, biomechanics, and fascia science
- A missing chapter in the history and evolution of Rolfing

Your donation helps fund

- Digitization & secure preservation of the full archive
- Data organization and standardized formatting for research use
- Analysis support and publication preparation
- Academic and professional dissemination (papers, presentations, education)

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Helen 'Jimmer' James Legacy Research Project

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Questions?

Email Briah:
briahanson@gmail.com