

“I’ve been working with Justin for over a year, through his final months of training and now that he has opened his practice. Justin approached me to allow him to do some basic Rolfing a year ago as I had my first knee replacement surgery and he was interested in seeing how differently the leg and knee felt and worked. This was my first entrance into Rolfing.

In the pasted, I had done deep tissue massage therapy. I was amazed after just one session the amount of fluid and tissue release Justin was able to attain and how well my leg felt after that one session. In addition, the leg was better aligned and my overall appreciation of what Rolfing could do was greatly impressed as I had not experienced such release and improvement by any of the other deep tissue massages.

I was also impressed that while the deep tissue massages seem to be a full hour of pain and several hours if not days after of aching, Justin’s touch was firm but in a gentle way. If he came to an area of the leg where the tissue was not in its proper place, and there was a lot of this, Justin would stop and hold that point until the tissue softened and then move slowly waiting again and again until he felt that both the tissue and I were ready for more work.

I was totally amazed at the relief I had with one session, knowing that I had another full knee replacement surgery scheduled for the following spring, I knew I would ask Justin to work with me to get the second leg prepped for that surgery. So we started 5 weeks before surgery aligning the tissue in the right leg and around the knee. I had the surgery and the day after surgery, I could bend the new knee 92 degrees and was up walking with limited pain. This was unbelievable to the hospital therapists. My total recovery time was cut by half of the time it took for the first knee surgery. I attribute most of this to the work Justin did in preparing me for surgery.

Once I was released by the doctor, Justin and I got down to the serious work of getting the rest of the body in alignment. I started the Basic Ten Series. This is an amazing 10 session program that works with connective tissue manipulations and body education. Justin takes you week by week through the entire body alignment and you learn about how the fascial system works. One of the first things that Justin noticed was that while on my stomach on the table, I tended to place my feet flat but turn my toes to the center. This gave my legs a bowed out positioning. I had done this since I was a young child. This also had affected my walking which had a little shuffle to it. Justin had me practice walking by paying attention to the alignment of my feet directly under the knee and making sure I did a full heel to toe walking/release step. This defiantly helped my knees to stay aligned and not to put additional pressure on my knees.

The next thing we worked on was breathing. I was a shallow breather using my stomach to breath and not my rib cage. Justin taught me to breath deeper by filling my rib cage with breath and releasing it slower. This was amazing! Not only did I start to stand up with better posture but I’m breathing consistently deeper and getting high oxygen numbers at the doctor’s office.

In addition, Justin taught me how to redirect the breath to a particular area of the body to provide better tissue release in that specific area which he was working. Rib cage breathing has also helped me to position my shoulders down rather than holding them up and bringing my ribs off of my hips. This might not seem like much but I'm in my sixties and have better postures now than I ever had and I feel every bit of my 5'2" frame.

As we continued to work through the Basic Ten Series, I've learned more about how my body is all connected through the fascial tissue system and how my body works. Each session brought me new insights and better understanding of how everything is connected and one little tweak here helps out a different part of the body.

I love working with Justin because he has a gentle touch but also talks you through what he is doing and how it is helping your body. I've never learned so much about the working of my body and how everything is held together and brought into harmony. I've really never thought too much about the inner workings of the body before and I see now how over a lifetime of doing certain things I caused a lot of problem for my body.

I now feel so much better and confident about my body thanks to Justin! I now walk 2 plus miles with no pain, swim more than a half mile without stopping and ride a bike for miles at a time. I feel like someone much younger than my sixty years and I know I look better because I'm proud of my body and what it can do. Thank you, Justin, and I look forward to working with you continuously!"

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