

The Effects of Roling Structural Integration (RSI) on Neck ROM and Pain

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PURPOSE: Does RSI make a significant difference in resolving the pain and motion complaints in the cervical spine/neck that caused the clients to seek intervention? RSI was developed by Ida Rolf, a basic scientist in biochemistry. Roling is a holistic method that incorporates manipulation and training to increase the quality of human movement. A basic premise of RSI is that when the body has structural integration, the force of gravity is controlled properly; therefore the body expenditure of energy decreases, and movement capacity improves. Restoring the body alignment through RSI allows the body to maximize functional levels.

METHODS: This a retrospective study of 31 subjects with complaints of neck pain and limitations of motion who were seen in a Physical Therapy/Rolting (RSI) practice. Available pre-/post-test data were required for inclusion in this sample. All subjects received RSI as intervention for their complaints of neck pain and neck motion deficits. One-way ANOVA data analysis demonstrated significant changes in these subjects following RSI interventions.

RESULTS: RSI had a significant ($.05 > .01$) effect to reduce pain and improve motion in the neck for the subjects included in this sample.

CONCLUSIONS: RSI is efficacious technique to reduce pain and improve motion in the adult cervical spine/neck.

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