

The Living Line

*“Everybody
needs Integration”*

Sarah Taylor B.Sc. OT



Occupational Therapy, Structural Integration & Scar Healing

Proven effective
Ergonomic, Injury
Prevention & Rehabilitation
Services for Individuals,
Small Businesses &
Corporations

www.thelivingline.ca

250-362-2291

Individuals

- Eliminate or reduce chronic pain
- Release holding patterns and habitual strain
- Increase freedom of movement
- Increase breath
- Improve body alignment
- Increase self awareness
- Increase joint function

Small Businesses & Corporations

- Reduce workplace injuries associated with awkward postures, and stationary positions
- Effective whole body rehabilitation following injury
- Increase success with return to work programs
- Reduce rate of re-injury



What is Fascia?

Fascia is the connective tissue that forms a web-like network throughout your entire body.

It surrounds your muscles, bones, organs, and joints providing support, protection and structure. Problems arise when the fascia becomes too fibrous and hardened.

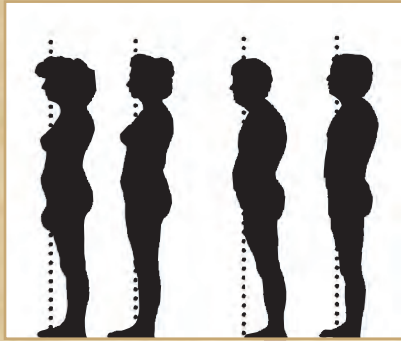
Over-time, this creates restrictions that lead to strain and compensation patterns that affect entire muscle groups and, given enough time, the whole body. Fascia is truly the fascinating biological fabric and glue that holds us together. Long ignored, the fascial system is now getting its rightful due attention from both therapists and researchers.

Regain natural body balance & integrity

Rolf Structural Integration

(sometimes called "Rolfing")

"The basic law of Rolfing is that you add structure to the body. In so doing, you demand a change in function" Dr. Ida P. Rolf



Integration Services

Structural Integration Basic 10 session series:

A progressive series of 10 sessions using pressure and Rolf movement coaching to lengthen and direct the connective tissue (fascia) to a more efficient place along the body's line of verticality. The process considers gravity, physical structure, and individual habits such as work-related posture and physical activities to bring a person into vertical alignment. Movement patterns including standing, sitting, bending, reaching and walking are mapped for efficiency and alignment.

Single sessions and three session series are also available - please enquire.

Scar Healing & Tissue Restoration

Noninvasive hands on techniques to restore scar tissue into the natural fascia matrix of the body. Effective and permanent treatment for scars related to surgery, trauma, skin grafts, and burns.

- Reduce redness
- Elevation
- Hardness
- Ichiness
- Tenderness
- Appearance



Establish alignment and balance during meaningful activity and life roles

Functional Integration Sessions

Occupational Therapy and Rolf movement coaching sessions based in your home, work or leisure setting. Sessions focus on establishing natural verticality, whole body alignment, and movement efficiency during habitual tasks. Environmental and activity specific factors are considered for maximum effectiveness of intervention.



Create balance between People, Environments & Activities

Assessments & Reports

Ergonomic Assessment

Worksite analysis of person, environment, and equipment to improve worker movement patterns during main duties and decrease worker injury from awkward postures, repetition, poor work organization, stationary positions, and excessive force. Areas of assessment may include: upper and lower extremity function, postural habits, physical workplace environment, temporal workplace environment, psychosocial workplace environment, and analysis of job task demands.



VS



Job demands analysis.

Examination of primary physical and psychosocial job objectives and duties. Risk factors and barriers are identified for effective **return to work planning**.

Activities of daily living assessment (ADL assessment)

Examines an individual's function in the areas of self care, productivity, leisure, mobility, homemaking, community access, personal management, home management, and coping skills.

Increase Function

Organize your shape - **Person**

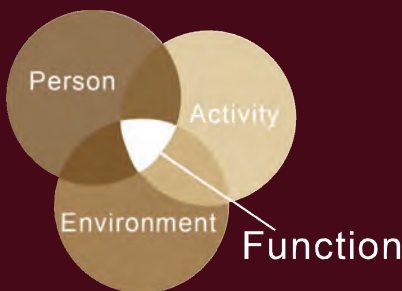
Chronic pain relief, movement coaching, structural integration, functional integration, balance, gravity, movement maps, fascia, length, alignment, efficiency, habit patterns, compensations, line of verticality, self awareness, breath, scar healing

Organize your space - **Environment**

Universal design, equipment, tools, materials, gravity, slope, objects, people, time, job demands analysis, ADL assessment, ergonomic assessment

Participate in Life - **Activity**

Movement, rest, play, eat, life roles, work, bike, run, fly, ride, love, ski, walk, energy conservation, integration



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