

# Bootcamp for your Fascia!

## FASCIAL. FITNESS SERIES



### Improving the fitness of fascia

Structural Integration aligns and balances the body by lengthening and remodeling the fascia. As fascia is lengthened, the muscles can move more efficiently. The practitioner will apply pressure to the body, working the entire fascial system in a systematic way. When restricted fascia is released and lengthened the body can return to its structurally optimal position.

### What can you expect?

- A comprehensive twelve session hands-on Structural Integration Program designed to treat your body's entire fascial matrix
- Pain relief
- Rebalance your alignment
- Counter the affects of gravity
- Enhance mobility and posture
- Change how you move through life
- Eliminate fascial tension
- Prevent further injury
- Put your fascia where it belongs and ***Get Integrated!***



**Ivan Duben** BCSI SMS | Soft Tissue Specialist  
Board Certified Structural Integrator  
604.240.2444 [ivanduben.com](http://ivanduben.com) [info@ivanduben.com](mailto:info@ivanduben.com)

# Fascial Fitness 12 Treatment Series

This 12 session treatment series is designed to dramatically enhance your posture. The individual treatment sessions are spread out over a period of time (weeks or months) based on a customized model to suit your individual needs. The treatment sessions involve a process of specific “hands on” soft tissue techniques that provide a modification to the body called **Structural Integration**.

Fascial remodeling can reverse the effects of gravity and compression on our bodies. Historically, it is ideal for:

- Pain relief (low back pain or disc related issues, neck and shoulder joint pain, knee pain, etc.)
- Overall fatigue and sluggish movement
- Enhancing athletic performance, mobility, posture



## What is Structural Integration?

Structural integration is a proven system of transformation and change to one's body. Individually, *structural* refers to the complete physical body; *integration* speaks to how well we can adapt to the environment around us, such as gravity. The focus of Structural Integration is to align the physical body and remodel the connective tissue matrix over 12 treatments. Generally, individuals respond most effectively scheduling one 80-minute treatment session every 1 to 3 weeks until the 12 treatment series is complete. The outcome of Structural Integration is fascial remodeling. Fascial remodeling also requires **myofascial length testing** of the fascial meridians to determine how to customize the treatment plan. The benefit of using this assessment tool is to provide objective evidence of the before and after effects of the hands-on remodeling of fascia in one's body.

## Why do I need a series of treatments?

A series of treatments are required to modify years of dysfunctional patterns of tension in the body. Often, these dysfunctional patterns appear due to a cumulative build up of compensations throughout the body adapting to various activities. The treatment series approach treats the complete body methodically. Dysfunctional patterns of tension can be reversed with a fascial remodeling series.