

Testimonials

“After my first session I couldn’t believe I didn’t have the pain in my back and neck anymore. I haven’t felt so good in years. Thank you, Vickie.”

– **Shirley Lentz, Stroudsburg, PA**

“I had lower back pain off and on most of my life due to sports. Rolfing with Vickie opened up a new life for me. In just four sessions I feel healthier in both mind and body.”

– **Robert A. Thomas, Lafayette, NJ**

“I tried both massage and chiropractic with limited and short term success at relieving my symptoms. After my first session with Vickie, the symptoms were gone and have not returned.”

– **Joanna Russell, Saylorsburg, PA**

“I had constant lower back and leg pain after back surgery two years ago. I tried all different therapies to relieve my pain.

Thanks to Vickie and her Rolfing technique, I am free from the nagging pain and can finally sleep at night.”

– **Russell Loveless,
Pocono Summit, PA**

Rates

Rolfing	\$100 (60 Min)
Canine Rolfing	\$ 40 (30 Min)
Massage	\$ 70 (60 Min)
	\$100 (90 Min)
Massage w/VM*	\$ 80 (60 Min)
Cranio-Sacral	\$ 70 (60 Min)

*Visceral (Organ) Manipulation

Insurance Coverage

Insurance claims are accepted and billed for you. Pre-authorization from your insurance company must be obtained in all circumstances. In some cases (auto injuries) you will need a prescription from your attending physician.

Vickie Kovar

In 1994 Ms. Kovar graduated from The Rolf Institute in Boulder, Colorado. Vickie holds certifications in Rolfing, Rolf Movement Education, Cranio-Sacral Therapy, Massage Therapy and is a Reiki Master. Prior to attending The Rolf Institute, Ms. Kovar lived in Princeton, New Jersey, and worked trading international equities on Wall Street while attending Columbia University.

Ms. Kovar has recently relocated to the Poconos from Denver and is very happy to rejoin her family and friends.



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INTEGRATIVE THERAPIES

Rolfing®
Therapeutic Massage
Cranio-Sacral Therapy
Visceral Manipulation



Vickie Kovar

Certified since 1994

Wellspring

243 East Brown Street
East Stroudsburg, PA 18301

**To Schedule Appointments:
570-332-4365**

Benefits of Rolfing

After Rolfing clients report:

- **Relief of chronic aches and pains:** including back, neck, head, shoulder, knee, feet, fibromyalgia, post surgery scarring, carpal tunnel...
- **Increased** energy, flexibility, mobility, coordination and balance.
- **Improved** physical and mental **performance**, posture, self confidence, ability to relax and manage stress, and a sense of overall health and well being.
- **Speedier** recovery from injuries (whiplash, surgeries and illness).

What is Rolfing?

Rolfing (a.k.a Structural Integration) is a progressive, systematic approach to releasing patterns of stress and impaired function from the whole body through hands-on physical manipulation and education. Developed over the course of 50 years of research by Bio-chemist, Dr. Ida P. Rolf, it is done in a series of sessions designed to restructure and align the body in gravity, through the body's connective tissues known as the myofascial system.

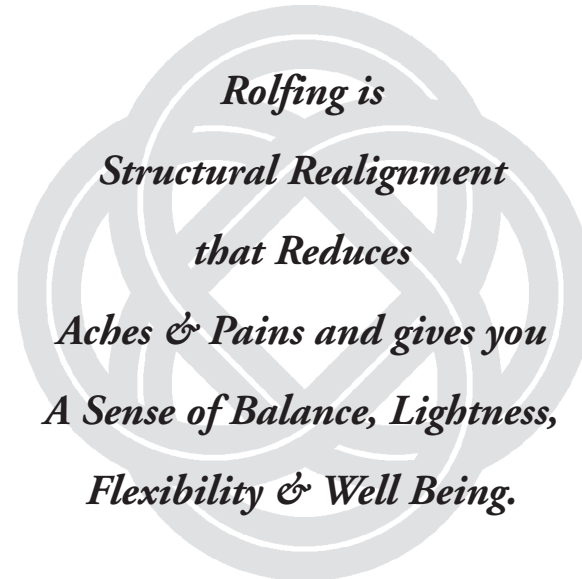
Rolfing lengthens, opens, organizes, and aligns the layers of the myofascial system throughout the entire structure, creating more space, flexibility, mobility, balance, energy and resiliency in the whole body.



Rolfing-Fascia.com

How does Rolfing feel?

Rolfing can feel pleasurable and intense at the same time. Most people call it a “feel-good pain.” Vickie works at a level that is comfortable to each individual. After a session, clients report feeling lighter, better balanced and a greater sense of well being.



The Basic 10 Series

Rolfing is usually done in a progressive series of 10 sessions usually spaced 1 to 2 weeks apart. There is no obligation at any time to complete the whole series, but the best and longest lasting results are experienced by those who complete the 10. Each session addresses, aligns, and connects specific layers and areas of the body in a way designed to prepare the body for the next session making the results cumulative and lasting. And again, Rolfing does not have to be done in a 10 series – Vickie works with single sessions as well.

Benefits of Cranio-Sacral Therapy

- Relief of aches & pains including headaches (tension, migraine, sinus), neck and back pain, TMJ and ear pain.
- Reduces stress, tension and anxiety.
- Speeds the recovery of injuries such as head impacts, whiplash and falls.
- Helps insomnia and depression.
- Reduces ringing in the ears.
- Has been helpful with learning disabilities and hyperactivity.

What is Cranio-Sacral Therapy?

CST is a system of light, hands-on manipulation developed by Osteopath Dr. William Sutherland in the early 1900's. The cranio-sacral system consists of the bones of the skull, face and mouth which make up the cranium (Cranio), the spine to the tailbone or sacrum (Sacral) and the membranes and fluid within these structures. Imbalances caused by stress, injuries, and traumas can be effectively treated with CST.

Visceral Manipulation

The central premise of VM is that the interrelationship of structure and function among the internal organs is at least as strong as that among the constituents of the musculoskeletal system. Manipulation of the viscera can be beneficially used in the treatment of internal organ dysfunction.