

# Transform Your Posture, Transform Your Life: Rolfing by Robert Toporek

**T**he first appointment of the day is Frank Zadlow, a builder and grandfather, with a six year old in tow. Looking at them you would think they were going on an adventure together. Well they are, just not the kind most of us took with our grandfathers. Zadlow and his grandson Max, are going to be Rolfed, and have the wear and tear of gravity erased from their bodies.

Zadlow has been Rolfed since the mid 80's, he has brought his entire family to be Rolfed by Toporek. Zadlow has witnessed the amazing differences on each family member: better posture, the elimination of chronic pain and, especially in his grandchildren, grace and confidence in their bodies as well as their lives. Toporek has known Zadlow for the last 30 years and has continuously kept his body young and agile through Rolfing. Before meeting Toporek, Zadlow's body was worn down from being a builder, and just growing old. When they first met Toporek could see what a change Rolfing would make and told Zadlow, "I think you should get Rolfed - it will change your life!"

The first 10 sessions made an amazing difference," says Zedlow. "I could stand up straighter, move freer and the aches and pains I had been storing physically and emotionally disappeared." Ever since, every year he and Max come for a "tune-up". Max truly enjoys this time with his grandfather. This visit was extra special because the two of them met Mr. Hockey himself, Gordie Howe and his son Mark Howe!

Gordie and Mark Howe were the next two clients. Mark had been seeing Toporek for more than 20 years since his near career ending back injury that Toporek helped alleviate in the early 90's. Over the next few years Toporek continued working with Mark to keep him on the ice. Since then Mark comes in once or twice a year to keep his body in the best shape possible.

After Marks first Rolfing session, he saw a 75 percent improvement in his mobility. By the 10th session, Mark was back in full skating force. Last summer he brought in his father Gordie Howe. At 85, Gordie had limited mobility. However, once he started getting Rolfed, Gordie was able to do many tasks that used to cause him pain in his growing age. He is amazingly more flexible "He can get in and out of the car more easily and he has far less trouble putting on his socks."

Gordie and Mark were not the last patients of the day. The Dabback twins, Melissa and Teresa, were also in later that day. The twins have been standing out since they were babies. As they grew older they became phenomenal gymnasts. Now they are both at Temple University and still standing out. One is on the track team, the other is on the gymnastic club team, and they both attribute much of their success to Rolfing.

At three weeks old they starting being Rolfed. Now they come back yearly to get tuned up. The years of Rolfing have allowed them to have a strong level of confidence that they use in their schooling and athletics today. As they were growing up, whenever they had an injury, Toporek was the first person they would call for a session. Growing up with confidence and lack of stress allows them to have the confidence to take on great challenges and be successful.



*Gordie Howe, 84 years old, before and after Rolfing*

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*From renowned author  
Robert Toporek*

## About Rolfing by Robert Toporek

Robert Toporek is a Certified Advanced Rolf Practitioner since 1975. He studied directly with Dr. Ida P. Rolf, often times on a daily basis the last four years of her life. Robert has helped over 4,500 men, women and children transform their posture, relieve chronic pain, turn stress into vitality and release old physical and emotional traumas. The work he does also translates into their lives more confidence, flexibility and self expression.

Toporek is a pioneer in the field of Rolfing babies and children. Dr Rolf choose Robert to head up a project to document and demonstrate the amazing benefits of Rolfing babies and children. Since her passing Toporek continues to carry that torch.



*Robert began rolfing his son in the very beginning*

More can be found at [www.newbabymassage.com](http://www.newbabymassage.com). He is also the Author of *The New Book of Baby and Child Massage*.

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