



General Structural Integration Case Studies

Dr. Mary Kay Brewster

Dr. Mary Kay Brewster is an OB GYN, Medical Doctor in Carmel, California. She tried Structural Integration to alleviate low back pain and sciatica. She states, "I was in pain 90% of the time and now I am pain free. Everyday I recommend Structural Integration to friends, family, colleagues and patients."

Dr. Irene Grant

Dr. Irene Grant is an Internal Medicine and Infectious Disease Specialist in New York City. She is currently on the teaching faculty at Albert Einstein College of Medicine and Assistant Clinical Professor of Medicine at New York Medical College.

She had a very bad whiplash injury when she was a child, which created problems in her neck, similar to scoliosis. An Osteopath referred her to Structural Integration. Irene says, "After ten sessions I noticed that my posture improved, my chronic neck pain was significantly relieved, and I had much more energy. Further treatments brought progressive freedom. I experienced major changes. The most amazing thing is that I am now pain free."

Irene has been receiving Structural Integration sessions now weekly, for the past two and a half years. "I am very impressed with Structural Integration and have referred a lot of patients to Structural Integration, including Scoliosis patients. Structural Integration is a wonderful method that can rehabilitate and reverse injuries."

Tim Thackery

Tim Thackery, the 2000, US National Taekwondo champion (flyweight division) started receiving Structural Integration sessions at the age of 13. Now at age 21 he still receives



regular “maintenance sessions,” and the “ten-series” every other year. Tim states, “Structural Integration has given me a better presence than my competition. My posture has dramatically improved. My stance is firm. Not only has Structural Integration given me a mental advantage, it has increased my breathing capacity, improved my range of motion and I am more flexible. These are all qualities critical to becoming a winner in the Taekwondo sport.”

Alex O’Brien

Alex O’Brien became a professional tennis player in 1992. In the year 2000 he was ranked #1 in the world in doubles. Alex has been receiving Structural Integration work for the past two years. He states, “after Structural Integration my body seemed more at ease, my serve was stronger, I had improved range of motion, I had increased agility and I used less energy getting to the ball- it was incredible.”

Lesa Pensak

Lesa Pensak is a Certified ski-racing coach and a Level 3 Ski School Technical Supervisor in Telluride, Colorado. She turned to Structural Integration after a serious car accident left her unable to ski and in pain. She pursued many types of therapies and it wasn’t until she tried Structural Integration that her body began to heal. She was back on skis a year later training with the Austrian National Ski team as a ski-racer. Lesa states, “Balance is the key ingredient to good skiing. A skier needs to develop a strong, balanced stance and flexibility that allows them to deal with constant changes in snow conditions, speed, direction, pressure and edging. Structural Integration can help a skier accomplish these attributes.”



Sarah Wills

Sarah Wills has won eight gold medals in the Paralympics and is scheduled to compete in the 2002 Olympics in Salt Lake City. She is the most successful disabled ski-racer in the world. She started receiving Structural Integration sessions as part of her rehabilitation. She states, “ Structural Integration enabled me to build more muscle, stretch easier, sit straighter and helped to maximize my workouts. Since skiing deals so much with balance and the forces of gravity, Structural Integration compliments the sport well.”