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Sean Casey, Detroit Tigers All Star  
Says He Could Not Have Played the 2006 World Series Without Rolfing®

Boulder, CO...Sean Casey, All Star first baseman for The Detroit Tigers endorses Rolfing bodywork. His 2006 Major League Baseball season could have been compromised by serious injuries. April 14th Sean's spinal cord was fractured when a base runner for The Chicago Cubs collided with him. At that time Sean was playing for The Pittsburgh Pirates. The team Doctors projected that it would take 3 months for his recovery. While he was in hospital a martial artist friend suggested Rolfing to Sean.

"I had never heard about Rolfing so I went to the rolf.org website, read about the founder Ida Rolf, and decided to try Rolfing. My Rolfing sessions started with Certified Rolfer, Michael Waller on April 27th. The bodywork relieved my muscle pain and spasms immediately. In 4 weeks I had 8 sessions and I returned to play May 26th, only six weeks from the initial trauma."

"Rolfing helped me with the impact injury on my left side (fractured transverse process L-1, L-2), and brought my posture back up. "

His groove restored. Sean resumed play for The Pittsburgh Pirates without any complications, returning to the marathon that is The Major League Baseball season playing in 112 games of the 162 game season.

Sean was traded to The Detroit Tigers July 31st and immediately was involved in playing for the playoffs. Detroit was the wild card entry and with that defeated The New York Yankees in the first round of the playoffs, The American League Divisional Series, three-games-to-one. Sean played well in that first series batting .383.

During The American League Championship Series, Sean says, "In Oakland I blew out my calf while batting. When I swung it felt like an explosion in my calf. It was going to be tough. The World Series was coming up quick, and I thought I would not be able to play."

"The MRI showed that I tore the fascia wrapping my soleous. I did not know what fascia was before I tried Rolfing. When the injury occurred I knew to call my Rolfer. The first day I saw Michael, I could feel him reset the muscle and put it back into place. I think Rolfing is one of the best things going. No doubt it has helped me so much."

"The World Series was the highlight of my career and without my Rolfer, Michael Waller, I would not have been able to do what I did. I was able to come back and play in The World Series (Doctors projected a three week recovery, Sean was playing again within 10 days) Without my Rolfer knowing what he knows and doing what he did I don't think I would have played in The Series. I really mean it. Rolfing has helped me 100%.

My whole family is benefiting from it too”, says Casey. “Michael has worked with my wife and children, and he has treated my father. My Uncle John, an avid tennis player had a bad knee and chronic back pain. Now he has no pain and is playing again.” Casey lined up 12 people to get Rolfed and Waller is making frequent trips to Long Island to work with this group.

"Working with a professional athlete is a dynamic situation," Michael Waller says.

Everybody can benefit from bodywork but when you are working with someone who is in constant physical action, the results are immediate and can have an exponential effect on their skills,” says Waller. “It’s a performance enhancement.”

Sean Casey played in The World Series. He actually played quite well. He set World Series records with his offensive performance batting 9 for 17 in a 5 game series. That's a .529 batting average with 2 home runs and 6 RBI's.

Sean Casey was in the zone. It was pure performance, an excellent example of athletic skill meeting the moment and making the most of it.

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