

## BIOGRAPHICAL SKETCH

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NAME <b>SCHLEIP, Robert</b>		POSITION TITLE <b>Research Director (ERA)</b>	
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
University of Heidelberg, Germany	M.A.	1980	Psychology
Rolf Institute, Boulder, CO	Basic Practitioner	1978	Structural Integration
Rolf Institute, Boulder, CO	Advanced Practitioner	1983	Structural Integration
Internat. Feldenkrais Guild, Oregon	Cert. Feldenkrais Pract.	1987	Sensomotor facilitation
Bund Deutscher Heilpraktiker, Germany	Cert. naturopath	1997	Complementary medicine
University of Ulm, Germany	Ph.D.	8/2003 – 10/2006	Human biology

### **A) GENERAL DESCRIPTION**

Robert Schleip, Ph.D. is Research Director of the European Rolfing Association in Munich, Germany. He currently directs the Fascia Research Project at the University of Ulm, Germany. His work explores the ability of fascia to actively contract and relax in a smooth muscle-like manner.

### **B) ACTIVITIES**

1988- Life Science instructor at Rolf Institute, Boulder, CO  
 1992- Instructor, Rolf Institute, Boulder, CO  
 1995-1999 Board of Directors, European Rolfing Association, Munich, Germany.  
 1999-2003 Ethics Committee, European Rolfing Association, Munich, Germany.  
 2000-2005 International Advisory Board, Rolf Institute, Boulder, CO  
 2000-2004 Director, Deutsche Gesellschaft für Myofascial Release, Neuötting, Germany  
 2004- Board of Directors, Somatics Academy, Munich, Germany  
 2005-2009 Co-originator and member of Program Committee (plus the Scientific Review Committee) for "First International Fascia Research Congress– Basic Science and Implications for Traditional and Complementary Health Care", Harvard Med. School Conference Center, Boston, 4-5<sup>th</sup> Oct. 2007. Same positions for the 2<sup>nd</sup> Internat. Fascia Research Congress (Vrije Universiteit, Amsterdam, Oct. 2009) and the 3<sup>rd</sup> Internat. Fascia Research Congress (Vancouver, March 2012).  
 2006 Director of Fascia Research Project, Division of Neurophysiology, Ulm University, Germany  
 2006- Research Director, European Rolfing Association, Munich, Germany

### **C) SELECTED PUBLICATIONS**

#### **Papers:**

Schleip R, Duerselen L, Vleeming A, Naylor IL, Lehmann-Horn F, Zorn A, Jaeger H, Klingler W (2012) Strain hardening of fascia: Static stretching of dense fibrous connective tissues can induce a temporary stiffness increase accompanied by enhanced matrix hydration. *J Bodyw Mov Ther* 16(1): 94-100  
 Schleip R, Zorn A, Klingler W (2010), Biomechanical Properties of Fascial Tissues and Their Role as Pain Generators. *J Musculosk Pain* 18 (4): 393-395  
 Schleip R, Grau T (2009) Die Faszienstruktur des menschlichen Körpers und die Rolfing Methode. *ZKM – Zeitschrift für Komplementärmedizin* 2:18-23  
 Chaudhry H, Schleip R, Ji Z et al. (2008) Three-dimensional mathematical model for deformation of human fasciae in manual therapy. *J Am Osteopath Assoc* 108(8):379-90.  
 Schleip R, Vleeming A, Lehmann-Horn F, Klingler W (2007) Letter to the Editor concerning "A hypothesis of chronic back pain: ligament subfailure injuries lead to muscle control dysfunction" (M. Panjabi). *Eur Spine J.* 16(10): 1733-5.

- Chaudhry H, Huang CV, Schleip R et al. (2007) Viscoelastic behavior of human fasciae under extension in manual therapy. *J Bodyw Movem Ther* 11(2) 159-167
- Schleip R, Naylor IL, Ursu D, Melzer W, Zorn A, Wilke HJ, Lehmann-Horn F, Klingler W (2006) Passive muscle stiffness may be influenced by active contractility of intramuscular connective tissue. *Med Hypotheses* 66: 66-71
- Schleip R. Active fascial contractility. Implications for musculoskeletal mechanics. Faculty of Medicine, PhD thesis, Ulm University, Germany, 2006.
- Schleip R, Klingler W (2006) Eine Studie über die Fähigkeit der Faszien, sich aktiv zu kontrahieren und zu entspannen und dabei die Biomechanik des Körpers zu beeinflussen. *Osteopathische Medizin* 7(1): 19-21
- Schleip R, Lehmann-Horn F, Klingler W (2006): Fascia is able to contract in a smooth muscle-like manner and thereby influence musculoskeletal mechanics. In: Liepsch D et al.: Proceedings of the 5<sup>th</sup> World Congress of Biomechanics, Munich, Germany 2006, pp 51-54
- Schleip R, Klingler W, Lehmann-Horn F (2005) Active fascial contractility: Fascia may be able to actively contract in a smooth muscle-like manner and thereby influence musculoskeletal dynamics. *Med Hypotheses* 65: 273-277
- Schleip R, Klingler W, Lehmann-Horn F (2004) Active contraction of the thoracolumbar fascia – Indications of a new factor in low back pain research with implications for manual therapy. In: Vleeming A, Mooney V, Hodges P (eds): The proceedings of the Fifth Interdisciplinary World Congress on Low Back and Pelvic Pain. Melbourne 2004. ISBN 90-802551-4-9
- Klingler W, Schleip R, Zorn A (2004): European Fascia Research Project report. *Structural Integration* 32(4): 4-10
- Schleip R (2004): Die Bedeutung der Faszien in der manuellen Therapie. *Deutsche Zeitschrift für Osteopathie* 2(1): 10-16
- Schleip R (2003) Commentary on the stretching debate. *Journal of Bodywork and Movement Therapies* 7(2): 88-90
- Schleip R (2003) Faszien und Nervensystem. *Osteopathische Medizin* 4(1): 20-28
- Schleip R (2002) Fascial plasticity – a new neurobiological explanation: part 2. *Journal of Bodywork and Movement Therapies* 7(2): 104-116
- Schleip R (2002) Fascial plasticity – a new neurobiological explanation: part 1. *Journal of Bodywork and Movement Therapies* 7(1): 11-19
- Schleip R (2000): Lichtblicke im Dschungel der Gehirnforschung: Von ‚Body and Mature Behaviour (1949) bis zur Gegenwart. *FeldenkraisZeit* 1(1): 47-56

#### **Abstracts (selection):**

- Schleip R, Klingler W, Lehmann-Horn F (2006) Active fascial contractility: fascia is able to actively contract and relax in a smooth muscle like manner and thereby influence biomechanical behavior. *Acta Physiol* 186 (Suppl 1): 247
- Schleip R, Klingler W, Lehmann-Horn F (2006) Fascia is able to contract in a smooth muscle-like manner and thereby influence musculoskeletal mechanics. *J Biomech* 39 (S1) S488
- Schleip R, Klingler W (2006) Active fascial contractility: fascia is able to actively contract and relax in a smooth muscle-like manner and thereby influence biomechanical behavior. In: Imbery E: Proceedings of the 1<sup>st</sup> International Congress on Osteopathic Medicine, Freiburg, Germany 2006, p 36
- Schleip R, Klingler W (2006): Is fascia able to contract and relax in a smooth muscle-like manner and thereby influence musculoskeletal dynamics ? In: Remvig L, Beyer L, Vacek J (eds) Proceedings of the FIMM International Academy Conference, Leipzig, Germany 2006, pp 19-20.

#### **Books:**

- Schleip R, Chaitow L, Findley WT, Huijing P (eds) *Fascia – The tensional network of the human body. The science and clinical application in manual and movement therapy.* Churchill Livingstone, Edinburgh, 2012
- Findley WT, Schleip R (editors) *Fascia Research – Basic Science and Implications for Conventional and Complementary Health Care,* Elsevier, Munich 2007
- Huijing PA, Hollander P, Findley WT, Schleip R (editors) *Fascia Research II – Basic Science and Implications for Conventional and Complementary Health Care,* Elsevier, Munich 2009

- Chaitow L, Findley WT, Schleip R (editors) *Fascia Research III – Basic Science and Implications for Conventional and Complementary Health Care*, Kiener Press, Munich 2012
- Schleip, R (2009) *Der aufrechte Mensch – Die besten Übungen für ein gesundes Körperbewusstsein*, 3rd edition, Suedwest Verlag, Munich, Germany.
- Schleip R (1997) *Talking to fascia – changing the brain*. Rolf Institute Publications, Boulder CO, USA.
- Feldenkrais M (1994) *Der Weg zum reifen Selbst – Phänomene menschlichen Verhaltens*. Junfermann Verlag, Paderborn, Germany (as editor)

#### **Video/Audio:**

- Schleip R, Müller G, et al. *Fascial Fitness – How to train your connective tissue network*. TeoFilm 2011
- Schleip, R (1999) *Die Feldenkrais Methode der Funktionalen Integration: Bewusstheit durch Bewegung*, Bauer Verlag, Freiburg, Germany (video course)
- Schleip R (1997) *Working with scoliosis*, CRS Inc., Berkeley CA (audio tape)
- Schleip R (1997) *Neurobiological inspirations for Rolfing*, CRS Inc., Berkeley CA (audio tapes)
- Schleip R (2006) *The nature of fascia*, Somatics Academy GbR, Germany (video DVD)
- Schleip R (2008) *Working with scoliosis*, Somatics Academy GbR, Germany (video DVD)

#### **Book Forewords:**

- Cantu RI, Grodin AJ, Stanborough RW (2012) *Myofascial manipulation – Theory and clinical application*. ProEd, Austin, Texas
- Meert GF (2012) *Veno-lymphatische kraniosakrale Osteopathie*. Elsevier Urban Fischer, München.
- Stecco L & Stecco C (2009) *Fascial manipulation – Practical part*. Piccin Nuova Libreria, Padova/Italy.
- Römer F (2011) *Praktisches Lehrbuch zum Faszienmodell*. Institute für fasziale Osteopathie, Wolfenbüttel/Germany
- Smith J (2005) *Structural bodywork: an introduction for students and practitioners*. Churchill Livingstone, Edinburgh/UK
- Stanborough M (2004) *Direct myofascial release: an illustrated guide for practitioners*. Churchill Livingstone, Edinburgh/UK.

#### **Book Chapters:**

- Dalton E (2012) *Dynamic Body – Exploring Form, Expanding Function*. Freedom From Pain Institute, Oklahoma City. Chapter on “Fascia as a sensory organ. A target of myofascial manipulation”
- Liem T, Dobler TK, eds. (2012) *Leitfaden Osteopathie*. Urban & Fischer, München. Chapter on “Faszien” (co-author)
- Irnich D (2012) *Myofascial Trigger Points: Comprehensive diagnosis and treatment*. Churchill Livingstone, Edinburgh. Chapters 6 and 15.4 (also in German edition of this book).

#### **D) OTHER AFFILIATIONS**

- International Advisory Board, *Journal of Bodywork and Movement Therapies*, Elsevier Science, UK
- Editorial Board, *International Feldenkrais Foundation (IFF) Research Journal*
- Editorial Board, *The Open Spine Journal (TOSPINEJ)*, Bentham Science)
- Board of Directors Ida P. Rolf Research Foundation
- Member of Basic Science Committee, FIMM International Academy of Musculoskeletal Medicine
- Reviewer for The Netherlands Organisation for Health Research and Development
- Reviewer for *Journal of Anatomy*
- Reviewer for *Journal of Sports Sciences*
- Reviewer for *Medical Science Monitor*
- Member of International Society of Biomechanics (ISB)
- Member of Deutsche Gesellschaft für Bindegewebforschung e.V. (DGBF)
- Member of Gesellschaft für Haltungs- und Bewegungsforschung e.V. (GHBF)
- Member of American Physiological Society (APS)
- Founding member of Fascia Research Society

## **E) INVITED KEYNOTE PRESENTER**

16. Europäisches Symposium der Traditionellen Osteopathie, Frauenchiemsee/Germany 2012  
2. Münchener Symposium für Haltungs- u. Bewegungsforschung, München 2012  
ACON Jahrestagung 2011 (Arbeitsgem. f. Chiropraktik/Osteopathie u. Neuraltherapie Dt. Heilpraktiker e.V.)  
3<sup>rd</sup> World Massage Conference, 2011, Toronto, Canada  
Focusing on Fascia Rehabilitation and Manipulation, Rome 2011  
Annual National Conference of Natural Health Practitioners of Canada NHPC, Alberta 2011  
7<sup>th</sup> Interdisciplinary World Congress on Low Back and Pelvic Pain, Los Angeles 2010  
IASI Symposium 2010, Internat. Assoc. of Structural Integrators, Denver, Live Tele Presentation  
European Rolfing Conference 2010, Munich  
1<sup>st</sup> Conference of European College of Bowen Studies, 2010  
14. Europäisches Symposium der Traditionellen Osteopathie, Frauenchiemsee/Germany 2012  
2<sup>nd</sup> International Fascia Research Congress, Amsterdam 2009  
6<sup>th</sup> Interdisciplinary World Congress on Low Back and Pelvic Pain, Barcelona 2009  
1. Münchener Symposium für Haltungs- u. Bewegungsforschung, München 2009  
Annual Conference of Feldenkrais-Verband Deutschland 2009  
International Rolfing Conference 2009, Boulder, Colorado  
MYOPAIN 2010, The Internat. MYOPAIN Society, 8th Internat Scientific & Clinical Meeting, Toledo, Spain  
2<sup>nd</sup> World Massage Conference, 2008, Toronto, Canada  
ACON Jahrestagung 2008 (Arbeitsgem. f. Chiropraktik/Osteopathie u. Neuraltherapie Dt. Heilpraktiker e.V.)  
Jahrestagung 2008 Deutsche Gesellschaft für Manuelle Medizin (DGMM e.V.)  
1<sup>st</sup> World Massage Conference, 2008, Toronto, Canada  
Annual Conference of German Chiropractor Association (DCG- GCA e.V.) 2008  
11th Annual Bowen Therapists Federation of Australia Conference, 2008  
Deutscher Olympischer Sportbund, Jahrestagung Sportphysiotherapie, Frankfurt 2008  
ZAEN Kongress (Zentralverband d. Ärzte f. Naturheilverfahren u. Regulationsmedizin), Freudenstadt 2008  
Annual Conference of European Rolfing Association (ERA e.V.) 2008  
International Association for Structural Integrators, Biannual Symposium, Boston 2007  
1<sup>st</sup> International Fascia Research Congress, Boston 2007  
1<sup>st</sup> National Conference, Massage New Zealand, 2007  
Living Body Conference, San Francisco, 1995

## **F) AWARDS**

2009 *George W. Northup Medical Writing Award*, sponsored by the American Osteopathic Association, for co-authorship of the article "Three-Dimensional Mathematical Model for Deformation of Human Fasciae in Manual Therapy,"  
2007 *Poster Award*, 6th Interdisciplinary World Congress on Low Back & Pelvic Pain, Barcelona, for poster on "Contractile features of human lumbar fascia"  
2006 *Vladimir Janda Award for Musculoskeletal Medicine*, jointly sponsored by Deutsche Gesellschaft für Manuelle Medizin (DGMM) and Ärztesgesellschaft Manuelle Medizin (ÄMM).