

BIOGRAPHICAL SKETCH

NAME SCHLEIP, Robert		POSITION TITLE Research Director (ERA)	
EDUCATION/TRAINING			
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
University Institute of Health Sciences, Faculty of Medicine, H. A. Barcelo Foundation	Visiting Professor	11/2014 - present	Medicine

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, 4-5th Oct. 2007.
- 2nd Internat. Fascia Research Congress (Vrije Universiteit, Amsterdam, Oct. 2009) and the 3rd Internat. Fascia Research Congress (Vancouver, March 2012)
- 4rd Internat. FRC (Washington, September 2015)
- 5th Internat. FRC (Berlin, November 2018)
- 2006- Director of Fascia Research Project, Division of Neurophysiology, Ulm University, Germany.
- 2006- Research Director, European Rolfing Association, Munich, Germany
- 2014- Visiting Professor, University Institute of Health Sciences, Faculty of Medicine, H. A. Barcelo Foundation, Buenos Aires Initiator Connect Congress at Ulm University on connective tissue in Sports medicine, Argentina (decree No. 5731/14).
- 2017 Initiator Connect Congress at Ulm University on connective tissue in Sports medicine

C) PUBLICATIONS

Selected peer reviewed papers:

Wilke J, Schleip R, Klingler W, Stecco C “The Lumbodorsal Fascia as a Potential Source of Low Back Pain: A Narrative Review”, 2017, PMID 28584816

Adstrum S, Hedley G, Schleip R, Stecco C, Yucesoy CA “Defining the fascial system” 2016, PMID: 28167173

Langevin HM, Keely P, Mao J, Hodge LM, Schleip R, Deng G, Hinz B, Swartz MA, de Valois BA, Zick S, Findley T “Connecting (t)issues: How Research in Fascia Biology can impact integrative oncology” 2016, PMID: 27729327

Gordon CM, Andrasik F, Schleip R, Birbaumer N, Rea M “Myofascial triggerpoint release (MTR) for treating chronic shoulder pain: A novel approach” 2016, PMID: 27634087

Schleip R, Klingler W, Wearing S, Naylor I, Zuegel M, Hoppe K “Functional in vitro tension measurements of fascial tissue – a novel modified superfusion approach”, 2016 PMID: 27609040

Stecco C, Schleip R “A fascia and the fascial system”, 2015 PMID:26891649

Ostler U, Schleip I, Lattanzi FA, Schnyder H “Carbon dynamics in aboveground biomass of co-dominant plant species in a temperate grassland ecosystem: same or different” PMID: 26694950

Klingler W, Velders M, Hoppe K, Pedro M, Schleip R, “Clinical relevance of fascial tissue and dysfunctions”, PMID 24962403

Hoppe K, Schleip R, Lehmann-Horn F, Jäger H, Klingler W “Contractile elements in muscular tissue – implications for in-vitro contracture testing for malignant hyperthermia” 2014 PMID: 24909539

Schleip R, Mechsner F, Zorn A, Klingler W “The bodywise fascial network as a sensory organ for haptic perception” 2014, PMID: 24628059

Klingler W, Jurkat-Rott K, Lehmann-Horn F, Schleip R “The role of fibrosis in Duchenne muscular dystrophy” PMID: 23620650

Schleip R, Müller DG “Training principles for fascial connective tissues: scientific foundation and suggested practical applications” 2012, PMID: 23294691

Schleip R, Jäger H, Klingler W “What is fascia? A review of different nomenclatures” 2012 PMID: 22630613

Willard FH, Vleeming A, Schuenke MD, Danneels L, Schleip R “ The thoracolumbar fascia: anatomy, function and clinical considerations” 2012 PMID: 22630613

Schleip R, Duerselen L, Vleeming A, Naylor IL, Lehmann-Horn F, Zorn A, Jaeger H, Klingler W, “Strain hardening of fascia: Static stretching of dense fibrous connective tissues can induce a temporary stiffness increase accompanied by enhanced matrix hydration”. 2012, PMID: 22196433

Schleip R, Zorn A, Klingler W, “Biomechanical Properties of Fascial Tissues and Their Role as Pain Generators” Journal Musculosk Pain 18 (4): 393-395 (2010)

Schleip R, Grau T, „Die Faszienstruktur des menschlichen Körpers und die Rolfing Methode“ ZKM – Zeitschrift für Komplementärmedizin 2:18-23 (2009)

- Chaudhry H, Schleip R, Ji Z et al., „Three-dimensional mathematical model for deformation of human fasciae in manual therapy” *Journal of American Osteopath Association* 108(8):379-90 (2008)
- Schleip R, Vleeming A, Lehmann-Horn F, Klingler W, “Letter to the Editor concerning "A hypothesis of chronic back pain: ligament subfailure injuries lead to muscle control dysfunction" (M. Panjabi). *European Spine Journal* 16(10): 1733-5. (2007)
- Chaudhry H, Huang CV, Schleip R et al., "Viscoelastic behavior of human fasciae under extension in manual therapy” *Journal of Bodywork and Movement Therapy* 11(2) 159-167 (2007)
- Schleip R, Naylor IL, Ursu D, Melzer W, Zorn A, Wilke HJ, Lehmann-Horn F, Klingler W, “Passive muscle stiffness may be influenced by active contractility of intramuscular connective tissue” *Med Hypotheses* 66: 66-71 (2006)
- Schleip R, “Active fascial contractility. Implications for musculoskeletal mechanics” Faculty of Medicine, PhD thesis, Ulm University, Germany, 2006.
- Schleip R, Klingler W, „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 (2006)
- Schleip R, Lehmann-Horn F, Klingler W, “Fascia is able to contract in a smooth muscle-like manner and thereby influence musculoskeletal mechanics” In: Liepsch D et al.: *Proceedings of the 5th World Congress of Biomechanics*, Munich, Germany 2006, pp 51-54
- Schleip R, Klingler W, Lehmann-Horn F “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 (2005)
- Schleip R, Klingler W, Lehmann-Horn F “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 (2004)
- Klingler W, Schleip R, Zorn A “European Fascia Research Project report” *Structural Integration* 32(4): 4-10 (2004)
- Schleip R, „Die Bedeutung der Faszien in der manuellen Therapie“ *Deutsche Zeitschrift für Osteopathie* 2(1): 10-16 (2004)
- Schleip R, “Commentary on the stretching debate” *Journal of Bodywork and Movement Therapies* 7(2): 88-90 (2003)
- Schleip R, „Faszien und Nervensystem“ *Osteopathische Medizin* 4(1): 20-28 (2003)
- Schleip R, “Fascial plasticity – a new neurobiological explanation: part 2” *Journal of Bodywork and Movement Therapies* 7(2): 104-116 (2002)
- Schleip R, “Fascial plasticity – a new neurobiological explanation: part 1” *Journal of Bodywork and Movement Therapies* 7(1): 11-19 (2002)
- Schleip R, „Lichtblicke im Dschungel der Gehirnforschung: Von ‚Body and Mature Behaviour 1949 bis zur Gegenwart“ *FeldenkraisZeit* 1(1): 47-56 (2000)

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
translated versions into: German, Polish, Japanese, Chinese and Korean

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 + 2015) „Der aufrechte Mensch – Die besten Übungen für ein gesundes Körperbewusstsein“ 3rd edition, Suedwest Verlag (2009), Kiener Verlag (2015) Munich, Germany.

Schleip R, Baker A, "Faszien in Sport und Alltag" riva Verlag (2016)

Schleip R, Baker A, "Fascia in Sport and Movement" Handspring Publishing (2016)

Schleip R, Bayer J, "Faszien Fitness Vital, elastisch, dynamisch in Alltag und Sport" (Oktober 2014)

Schleip R, Buschmann B, "Faszien Krafttraining" riva Verlag (Oktober 2016)

Schleip R, Findley WT, Chaitow L, Huijing P, "Lehrbuch Faszien Grundlagen, Forschung, Behandlung" Urban & Fischer/Elsevier Verlag (August 2014)

Schleip R "Talking to fascia – changing the brain" Rolf Institute Publications, Boulder CO, USA (1997)

Schleip R, „Feldenkrais Methode - Der Weg zum reifen Selbst – Phänomene menschlichen Verhaltens“ Junfermann Verlag, Paderborn, Germany (as editor) (1994)

Book Chapters:

Chaitow L, "Fascial Dysfunction. Manual Therapy Approaches", Chapter on "Recommendation for fascia-oriented training applications in sports and movement therapy", Handspring Publishing 2014

Liem T, Tozzi P, Chila A "Fascia in the osteopathic field", Chapter on "Nomenclature on fascia (with Klinger W, Bierbaum J); "Fascia as a sensory organ"; "Clinical applications", Handspring Publishing 2017

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).

Book Forewords:

Lesondak D "Fascia – what it is and why it matters", Handspring Publishing (2017)

Oswald Amanda "Living Pain Free: Healing Chronic Pain with Myofascial Release", North Atlantic Books (2017)

Meinl D "Das große Faszien-Yoga Buch", Irisiana Verlag (2017)

Noll S "Aufrecht und geschmeidig Mit gesunden Faszien beweglich und schmerzfrei bleiben", Scorpio Verlag (2017)

Müller S "Richtig Essen für die Faszien", südwest Verlag (März 2016)

Bracht P, Liebscher-Bracht R, "FaYo Das Faszien Yoga", Arkana Verlag (2016)

Zylla A "Faszien Yoga", Bruckmann Verlag (Mai 2015)

Arend S, "Vital und gesund durch Faszienmassage", Schirner Verlag 2015

Gordon Ch, "Leben ohne Stress und Schmerzen durch die neue Faszien-Selbsttherapie", Fischer Verlag (2015)

Luchau T, "Advanced Myofascial Techniques", Handspring Publishing (2014)

Riggs A, "Myofasziale Techniken: Die Praxis der Tiefengewebsmassage", Verlag Systemische Medizin 2013

Typaldos S, "Faszien Distorsionsmodell", 2013

Cantu RI, Grodin AJ, Stanborough RW, "Myofascial manipulation – Theory and clinical application", ProEd, Austin, Texas (2012)

Meert GF (2012) Veno-lymphatische kraniosakrale Osteopathie. Elsevier Urban Fischer, München.

Manheim C, "Praxisbuch Myofascial Release", Huber Verlag 2010

Stecco L & Stecco C (2009) Fascial manipulation – Practical part. Piccin Nuova Libreria, Padova/Italy.

Römer F (2011) Praktisches Lehrbuch zum Faszien-distorsionsmodell. Institute für faszielle 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.

D) OTHER AFFILIATIONS

International Advisory Board, Journal of Bodywork and Movement Therapies, Elsevier Science, UK

Editorial Board, The Open Spine Journal (TOSPINEJ, Bentham Science)
Board of Directors Ida P. Rolf Research Foundation
Founding member of Fascia Research Society
Faculty Member Feldenkrais Gilde e.V.; now: FVD Feldenkrais Verband Deutschland e.V.

Reviewer for

- The Netherlands Organisation for Health Research and Development
- Journal of Anatomy
- Journal of Sports Sciences
- Medical Science Monitor

Member of

- Basic Science Committee, FIMM International Academy of Musculoskeletal Medicine
- International Society of Biomechanics (ISB)
- Deutsche Gesellschaft für Bindegewebsforschung e.V. (DGBF)
- Gesellschaft für Haltungs- und Bewegungsforschung e.V. (GHBF)
- American Physiological Society (APS)
- ÄMM (Ärzteverband Manuelle Medizin)
- Dt. Ärztegesellschaft für Akupunktur e.V.
- Bayerischer Sportärzteverband
- IASI (International Association of Structural Integrators)
- Gesellschaft für Matrixforschung e.V.
- ZAEN (Zentralverband der Ärzte für Naturheilverfahren und Regulationsmedizin)
-

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.)
3rd 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
7th 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 Rolwing Conference 2010, Munich
1st Conference of European College of Bowen Studies, 2010
14. Europäisches Symposium der Traditionellen Osteopathie, Frauenchiemsee/Germany 2012
2nd International Fascia Research Congress, Amsterdam 2009
6th 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 Rolwing Conference 2009, Boulder, Colorado
MYOPAIN 2010, The Internat. MYOPAIN Society, 8th Internat Scientific & Clinical Meeting, Toledo, Spain
2nd 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.)
1st 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 Rolwing Association (ERA e.V.) 2008
International Association for Structural Integrators, Biannual Symposium, Boston 2007
1st International Fascia Research Congress, Boston 2007

1st National Conference, Massage New Zealand, 2007'
Living Body Conference, San Francisco, 1995

F) AWARDS

- 2013 *LIFE TIME Award*, body LIFE Award 2013, presented by bodyLIFE Germany GmbH
- 2013 *RISI Award for Excellence in Research*, Rolf Institute of Structural Integration (RISI)
- 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 Ärztgesellschaft Manuelle Medizin (ÄMM).