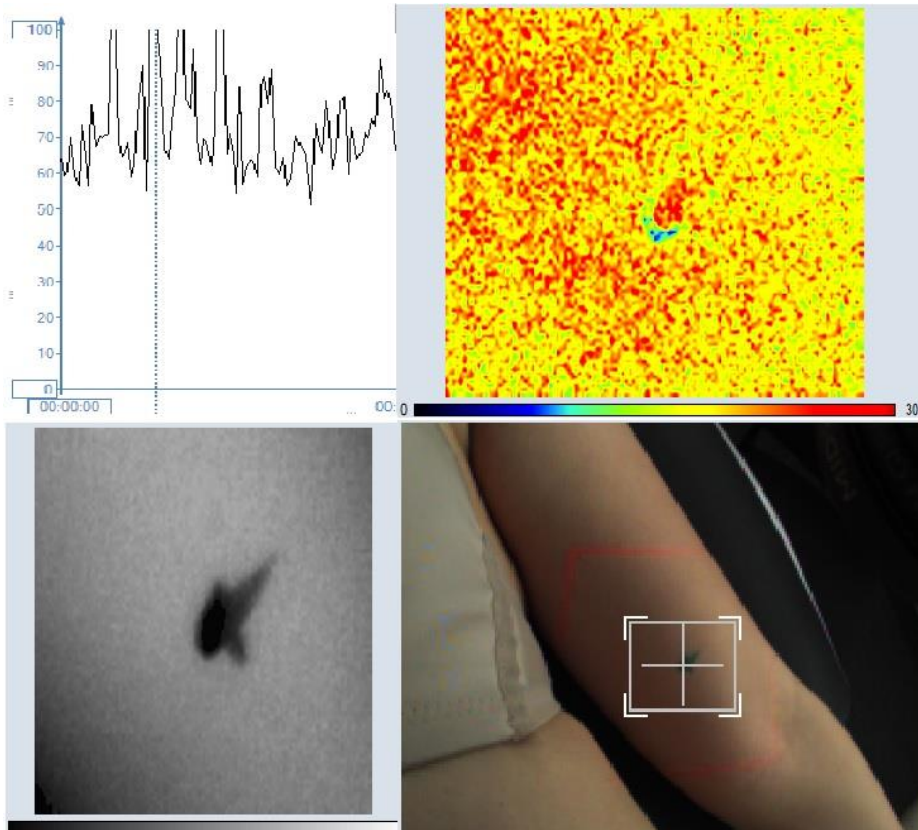


## *Supplementary Material*

**Table 1. Description of ten Structural Integration intervention (Jacobson 2011).**

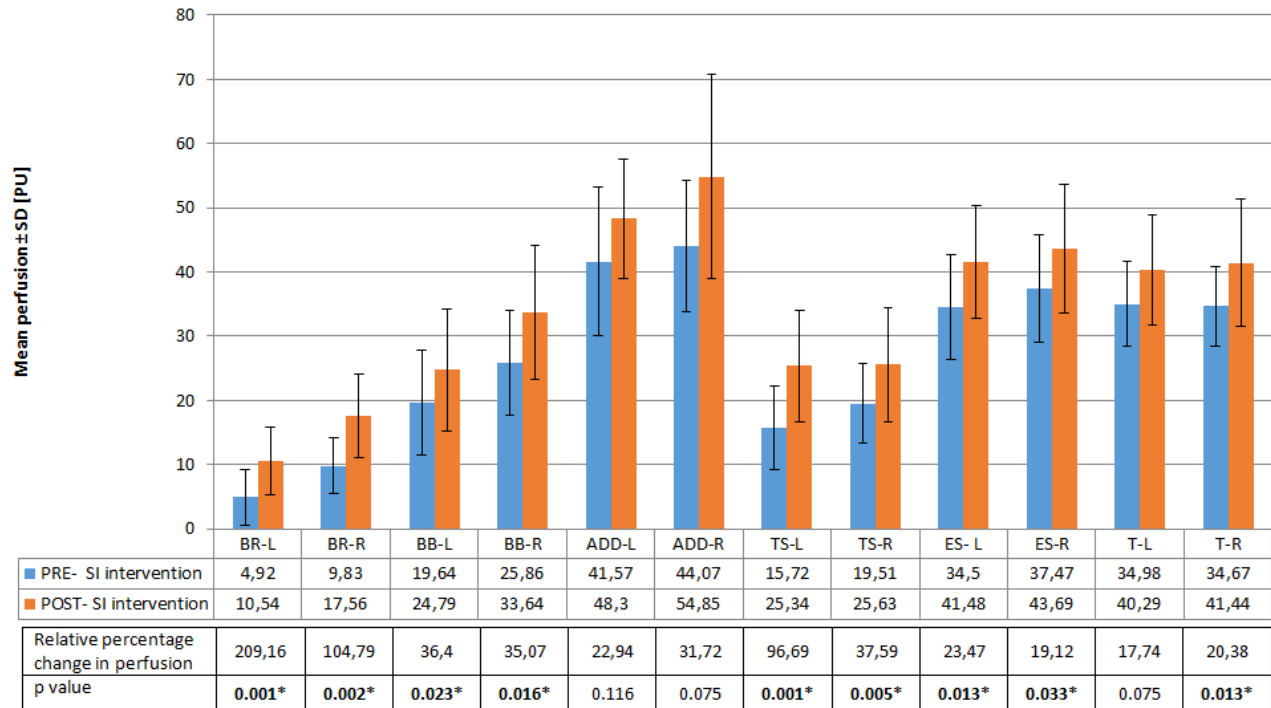
<b>Session</b>	<b>Intervention</b>
<b>1</b>	Increase length and pliability of FT on anterior aspect of trunk, allowing freer respiratory movement of ribs, of FT connecting shoulder girdle to rib cage and hips to pelvis.
<b>2</b>	Increase consistency of FT pliability in feet, ankles and knees, increasing the support they provide for the upper body.
<b>3</b>	Increase anterior–posterior and cephalic–caudal pliability in FT of the lateral side of the body and in left/right and anterior/posterior balance, increase independence of thorax from pelvis.
<b>4</b>	Increase pliability, left/right and anterior/posterior balance of FT of the medial aspect of legs and pelvic floor.
<b>5</b>	Increase pliability and left/right and surface to deep balance in FT comprising the anterior aspect of the pelvis and lumbar spine.
<b>6</b>	Increase pliability and left/right and surface to deep balance in FT comprising posterior aspect from heel to back.
<b>7</b>	Increase pliability and left/right and anterior/posterior balance in FT of the cranium and cervical spine.
<b>8</b>	Increase FT pliability and left/right balance in the hands, wrists, elbows, and arms; increase biomechanical flow between upper extremities and spine.
<b>9</b>	Increase FT pliability comprising the lower extremities through hips and pelvis; increase biomechanical flow between lower extremities and spine.
<b>10</b>	Optimize biomechanical flow through extremities, shoulder, and pelvic girdles to spine; increase overall uniformity of tonus.



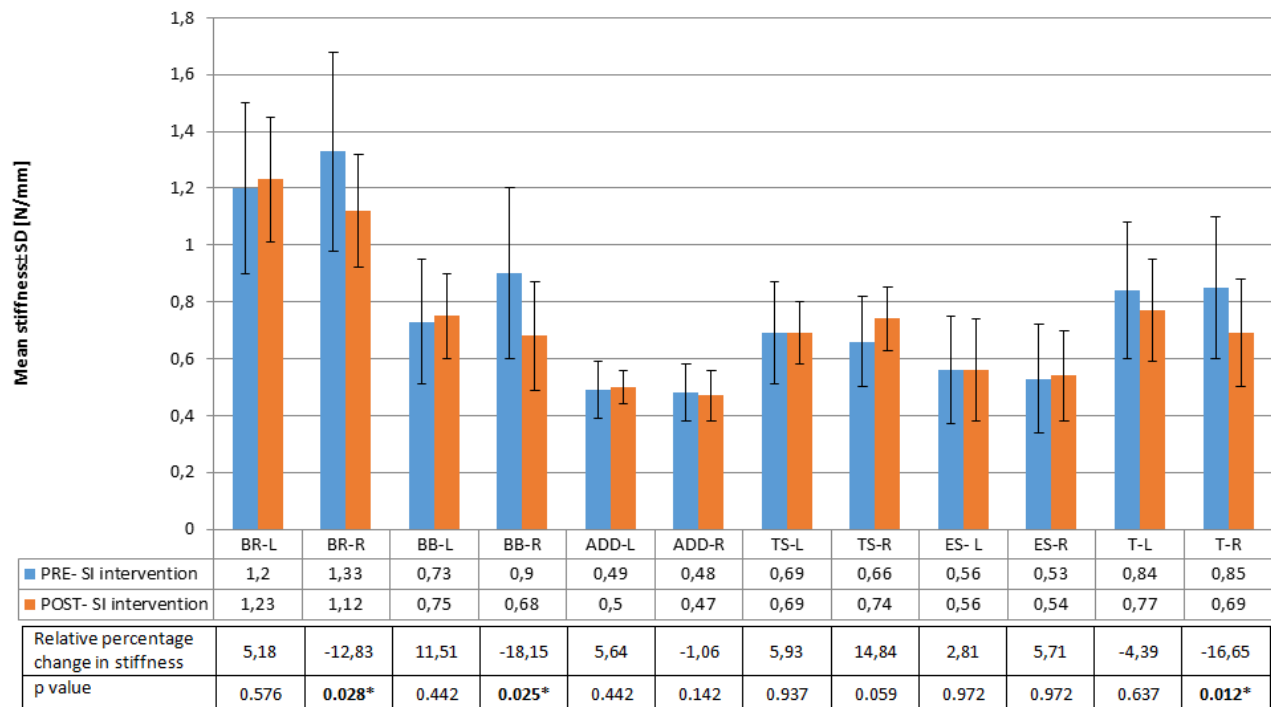
**Figure 1. Measurement over the Biceps Brachii, caput longum (BB) point location by Laser speckle contrast analysis 146 (LASCA) technique (blood perfusion).**



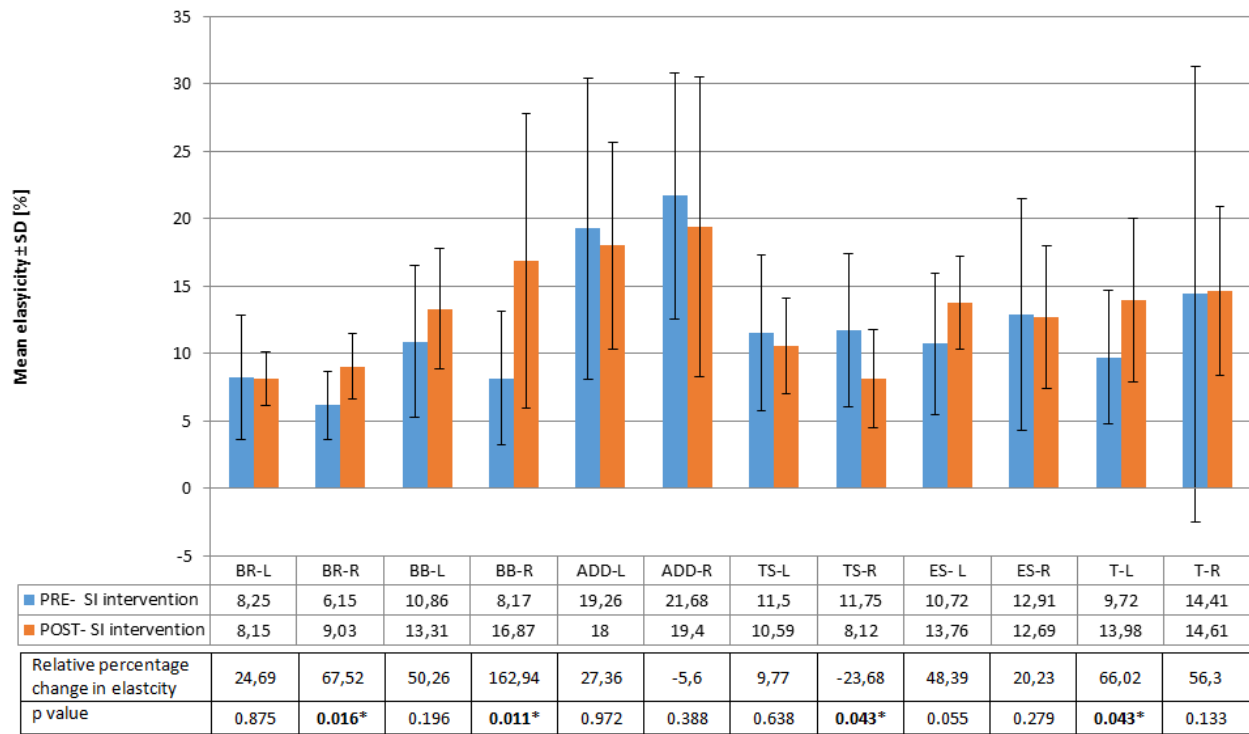
**Figure 2. Measurement over the Brachioradialis (BR) point location by IndentoPRO Tissue Compliance meter (stiffness and elasticity).**



**Figure 3. Mean change in FT blood perfusion pre and post SI intervention.**



**Figure 4. Mean change in FT stiffness pre and post SI intervention.**



**Figure 5. Mean change in FT elasticity pre and post SI intervention.**