

PROGRAM AND PROGRAM OUTLINE

Title: "The Rossiter System: Powerful Stretching Techniques for All-Over Body Pain in 3 Days"

Name/Job/Title of Instructors

- Full-time Instructor: Richard H. Rossiter, Certified Advanced Rolfer, President & CEO of Rossiter & Associates Inc.
- Occasional part-time instructors; usually a fellow certified Rolfer, certified Rossiter Coach or other allied professional

INSTRUCTOR INFORMATION

Richard H. Rossiter is a Certified Advanced Rolfer and national health consultant who specializes in repetitive motion/repetitive stress/musculoskeletal disorder injuries. He founded and operates a health consulting and training company, Rossiter & Associates Inc., and has provided hundreds of bodywork trainings since 1990. Varying in class size from 6-50 people, courses have been taught in production facilities, gymnasiums, hotel ballrooms and conference rooms of all sizes. He has one full-time and one part-time instructor.

Richard Rossiter is the developer and creator of The Rossiter System for RSIs and the Rossiter System for Low Back Pain. Based on his own experiences with pain as a U.S. Army veteran and former helicopter pilot, he built on his knowledge of anatomy, massage and connective tissue to create a series of two-person stretches that quickly and effectively relieve carpal tunnel syndrome, hand-wrist-finger pain, elbow pain, neck and shoulder pain, and low back pain. For more than a decade, U.S. factories have been using Rossiter trainings to reduce workers' compensation costs, cut medical claims and maintain employee comfort and function. Corporate clients have included Nissan, Goodyear, Campbell's Soup, Sauder Woodworking, Bunn-O-Matic, WorldColor, Hollytex, Carhartt and Xexel.

Richard has also presented workshops, seminars and information programs to a wide range of public and professional audiences, including the Southeastern U.S. Arts & Crafts Conference, Speaking of Women's Health, the National Touch for Health Conference, the National Flute Association and others. He is the author of *Overcoming Repetitive Motion Injuries the Rossiter Way* (1999; New Harbinger Publications). He is an avid hiker and bicyclist.

Reference list/bibliography

- Richard Rossiter is author of *Surgery Sucks! Fix Your Body Without Needles, Knives, Scalpels, 'Scopes, Lasers Or Other Sharp Stuff!* (2004; Rossiter & Associates Inc.)
- Richard Rossiter is the author of *Overcoming Repetitive Motion Injuries the Rossiter Way* (1999; New Harbinger Publications), which also includes a scientific appendix by Ernst von Bezold.
- Richard Rossiter is author of a variety of Rossiter System training manuals, videos and administrative and implementation guides (print and Web-based at www.rossiter.com).
- *Structural Integration*, journal of The Rolf Institute, two-part series by Bethany Ward, MT, CAR, on Rossiter System upper-body and lower-body techniques/approaches/anatomy/physiology (summer/fall issues). “Making Fascia User Friendly,” (June 2002) and “The Rossiter System Approach to Back Pain” (September 2002)
- Coverage of The Rossiter System in *Advance for PT* (2004) and various newspaper articles from 1999-2004.

Course Description:

This three-day course teaches fast and effective manipulation techniques that focus on lengthening and loosening the body's connective tissue in order to target and relieve the pain of repetitive-motion injuries common in athletes – without harming the trainer/therapist/provider. The Rossiter System proprietary techniques can be used to reverse, prevent and alleviate pain of common sports-related problems and conditions – repetitive use injuries, strains, sprains, neck and shoulder pain, elbow pain/tendonitis, knee pain, carpal tunnel syndrome, hand-foot pain, low back pain, stress headaches and more. These powerful techniques have been used by American factories and in bodyworker clinical/office settings for more than a decade to improve employee health and reduce workers' compensation costs. Participants learn to organize and restructure connective tissue using a foot, while a client/patient – fully clothed and on a floor mat or in a chair -- performs a series of powerful stretches. Unit I participants learn the tools as both provider and client, with frequent opportunities to practice directly with instructors in order to gain immediate feedback.

Course Objective

Unit I objectives are twofold:

- To teach the basic level of Rossiter System techniques to therapists (massage/PT/OT), bodyworkers, athletic trainers/coaches, related specialists, allied health-care professionals and the lay public for introduction and adoption in their practices, clinics, rehabilitation settings, team training programs, injury-prevention programs, the workplace, and more.
- To give therapists, bodyworkers, athletic trainers and other sports medicine professionals a new set of techniques that can greatly improve the mobility, function and health of the clients, employees, athletes, family members, lay public, etc.

Learning Environment/Teaching Format

Workshops are taught in an interactive, visual and hands-on environment. Workshops are generally held in a large conference room of a hotel, massage school or business facilities. Supplies, such as mats, tables, chairs and clean socks for each day, are provided. Each day includes a mix of theory/instruction/discussion and one-on-one pairing to learn the specifics of each new set of techniques. Participants learn each technique as a provider and a recipient. Technology is an important part of class instruction. Videos of each technique being taught/performed are projected onto a large screen so participants can refer to them *as they practice* with their partners. Students have frequent opportunities to receive immediate feedback, via direct practice with other students and an instructor.

Evaluation method

Each participant will be monitored during the hands-on/feet-on portion of each class day to ensure that they are performing the techniques properly and correctly. By the end of the workshop, each participant will be evaluated for his/her ability to perform an Upper Body Workout (eight techniques), a Low Back workout (four techniques), Hip Workout (two techniques), Knee Workout (six/twelve techniques), Foot Workout (five techniques) Hand Workout (nine techniques).

Post-class Evaluation Form

Each participant will be asked to fill out a Course Evaluation form at the end of the class (ACSM-provided)

WORKSHOP OUTLINE AND PROGRAM SCHEDULE

DAY ONE: THEORY AND UPPER-BODY & LOW BACK TECHNIQUES

(total hours: 7 hours instruction time)

Morning

9:00-9:45 a.m.: Introduction to The Rossiter System

- Discuss underlying theory of The Rossiter System
- The Four Constants of the Rossiter System: Food, Communication, Movement, Space
- The role connective tissue plays in the development and relief of pain, chronic pain, repetitive stress injuries, stress-related pain, overuse, etc.
- What traditional medicine offers (drugs, splints, shots, surgery) and why this approach addresses only the symptoms – not the causes – of RMIs/repetitive/overuse pain.
- Introduction of multi-level stands when working with clients as a means of maximizing the efficiency of the workout and minimizing the stress/strain/postural demands on the trainer/therapist/provider.

9:45-10:00 a.m.: Break

10:00- 12:15 p.m: Working in Pairs

- How the Rossiter System standardizes the approach to RMI pain with a system of manipulation techniques targeted specifically at connective tissue in the upper Body and arms.
- Practice session: Students pair off and start learning – by DOING – a full set of upper-body floor techniques (seven techniques in all).
- Q&A session

12:15-1:15: Lunch

Afternoon session

1:15-2:30 p.m.:

- Practice session: Students again pair off and continue learning – by DOING – a full set of upper-body floor techniques (seven techniques in all). At this time an eighth technique, Traps, will be given. Students have frequent opportunities to receive immediate feedback, via direct practice with the instructor. Videos of all techniques are projected onto a large screen during all sessions for reference.

2:30-3:15 p.m.:

- Introduction of back pain theory, including definitions of Type I and Type II pain, role of the cranial-sacral pump, asymmetry of the muscle mass/connective tissue tension in the pelvic region, role of the quadriceps in low back pain and more.

3:15 p.m.-3:30 p.m. Break

3:30 –5 p.m.

- Introduction and hands-on practice of four lower Back Techniques (switch partners). If time permits, partners can choose more practice with upper and lower-body techniques (switch partners).
- Q&A session

DAY TWO: HIP, KNEE, & FOOT PAIN AND THEIR TECHNIQUES

(total hours: 7 hours instruction time)

Morning:

9:00-9:30 a.m.: Hip Pain: New ideas and new approaches

- Theory and philosophy of Hip Pain and the role connective tissue plays in low back and hip pain and sciatica
- The team method that lies at the heart of The Rossiter System – the Coach (therapist/facilities) and PIC (person in charge of his/her pain) and how a team approach enhances cooperation, power and responsibility for pain relief
- Question-answer session from Day One

9:30-11:00 a.m.: Hip Techniques Demonstration (two techniques) and hands-on practice (switch partners)

- Discussion topics: Involving Clients In Their Own Prevention and Recovery
- During every practice period, participants work through all of the techniques, as both provider and recipient and with a variety of partners in order to learn how to work with/accommodate different body types and personalities.
- Q&A session

11-11:15 a.m.: Break

11:15-12:30 p.m.

- Practice session/partner pair-off to learn and do all previously learned techniques (upper body; low back; hip)

Afternoon

12:30-1:30 lunch

1:30-3:00

- Review of Day One's upper body & low back/hip techniques with practice sessions on a different partner

3:00-3:15 p.m.: Break

3:15-5 p.m.

- Introduction of Knee Techniques (6 techniques) with practice on a different partner.
- Introduction of approaches and methods for integrating and introducing Rossiter techniques into a client's setting and mindset, including effective ways to question clients and new ways to become involved in their own recovery/self-care.
- Q-A session

DAY THREE: KNEE, FOOT & HAND PAIN AND THEIR TECHNIQUES

(7 hours total instruction/review time)

Morning

9:00-10:00 a.m.: Assimilation of Upper Body and Low Back & Hip Techniques.

- Practice and review of previously learned techniques (switch partners)

10:00-11 a.m.: The Non-Drug/Splints/Shots/Surgery Approach to Pain Relief

- Expanded discussion of cortisone/NSAIDs/drug use by clients, including side effects, surgical risks, non-structural treatments for structural pain, etc.
- Q&A
- Presentation more Foot Techniques (five techniques) with immediate pairing off and practice/teaching/doing with new partners.

11-11:15 a.m.: Break

11:15 a.m.-12:30 p.m.:

- Foot Techniques
- More practice with Feet techniques with immediate pairing off and practice/teaching/doing with new partners.

Afternoon

12:30-1:30 p.m.: Lunch

1:30-3:30 p.m.

- Review of Foot techniques and introduction of Hand Techniques (nine techniques) with immediate pairing off and practice/teaching/doing with new partners.

3:30-3:45 p.m.: Break

- 3:45-5 p.m.:
- Q&A session
- Technology & The Rossiter System (Richard Rossiter)
- Introduction to the Rossiter Web site, which catalogues 120 total techniques, testing, database, assistance, etc.
- Review of previous topics: approaches and methods for integrating and introducing Rossiter techniques into a client's setting and mindset, including effective ways to question clients and new ways to become involved in their own recovery/self-care; Coach/PIC concepts; integrating Rossiter techniques into the clinical/office setting; more practice for those who want it.
- Q&A session

Materials

Workshop recipients receive:

- A printed instruction book of class techniques
- Clean socks, foam mats

Available for Purchase

- Stands: Set of 6
- Book: ***Surgery Sucks!!!!*** by Richard Rossiter & Sue MacDonald
- Curriculum guide for teaching/adopting The Rossiter System in massage schools, and corporations is available for discussion (up to 100 hours of classroom instruction/practice/technique training).