

performance



THE ROSSITER SYSTEM FOR ATHLETIC TRAINERS, ATHLETES, TEAMS, FITNESS CENTERS, PERSONAL TRAINERS, COLLEGES, PRO TEAMS, AMATEUR ATHLETES, FITNESS INSTRUCTORS



Flexibility. Range of Motion. Endurance. Strength. Concentration. Stamina. Everything an athlete needs means that the athlete cannot be preoccupied or plagued by pain. The Rossiter System's powerful two-person stretches keep athletes' bodies free of pain and performing optimally for success...for the love of sport and for a pain-free lifestyle.



The Rossiter System®....the most powerful stretches for today's athletes!

Powerful, two-person stretching techniques that prevent, relieve pain

A strained knee, tight shoulder, stiff elbow, bad back or aching foot can cut short a season or interfere with optimum performance.

But what if many common overuse injuries in athletes can be resolved as soon as they emerge?

What if athletes can return to their sport in minutes or hours rather than days or weeks? Wouldn't it be great if athletes could perform at 90% or better all year long? They can!

The Rossiter System is a whole new approach to pain prevention and pain relief for athletes and trainers. These two-person stretches target connective tissue, the cause of pain, rather than addressing only the symptoms of pain. Each athlete can use these powerful techniques to loosen and elongate connective tissue back to its normal, supple, pain-free state. How does it work?

- These stretches use the weight and warmth of a partner's foot to anchor tissue while it's stretched by the athlete to where it needs to be - for that particular body and that particular sport/activity.
- Athletes themselves take an active role in recovery and relief.

- Trainers have entirely new "tools" to help athletes prevent and recover from injuries and get back into action quickly and safely - without drugs, injections or risky surgeries.

All-over pain relief:

- Knee pain
- Shoulder Pain
- Foot & Heel Pain
- Low Back & Hip Pain
- Rotator Cuff
- Elbow Pain
- Wrist & Arm Pain

Start stretching today

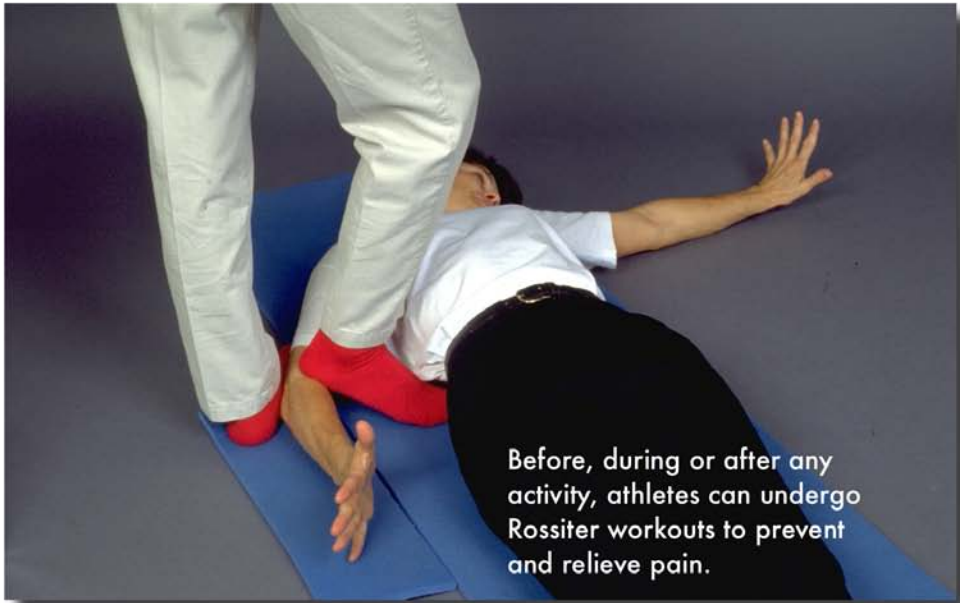
2005

2005 represents the first year that Richard Rossiter is making this unique and breakthrough stretching program available to athletes. Already used successfully in the U.S. workplace since the early 1980s, these stretches quickly relieve AND prevent common problems: joint pain, achy knees, stiff necks and shoulders, low back and hip pain, foot and ankle pain, carpal tunnel syndrome, plantar fasciitis and more.

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Before, during or after any activity, athletes can undergo Rossiter workouts to prevent and relieve pain.

Once you and your athletes know how to use The Rossiter System stretches with each other...You'll keep yourselves healthy and pain-free!

No athlete likes to play while injured or at less than optimal performance levels. The Rossiter System – easy to learn and easy to do – can help your entire team stay loose, supple and able to overcome injuries quickly and easily. What makes them so unique?

- People of all ages can learn and use the techniques, including children.
- They stretches can be used before, during or after activity to relieve common injuries, including tight hamstrings, strained/stiff knees, tight calf muscles, foot pain, low back pain and stiffness in the hip.
- Use them as an alternative to drugs, risky shots/injections, movement-hindering splints or braces, and to avoid even riskier surgeries.

Here's what athletes say about the Rossiter System!

"As a 40-year-old-plus parent and ex-athlete, I thought some of my aches and pains were a part of my day-to-day life. I could not believe the quick and effective relief I received after one 5-minute session with The Rossiter System."

–Rick Perko, software specialist

"These are the most powerful techniques I've ever come across. I'm convinced that I could have prolonged my Major League Baseball career if I'd have had access to these techniques when I played for the Mets. And in the four years I coached high school athletes, I never had a player on the disabled list. We used The Rossiter System stretches daily."

–Craig Swan, NY Mets pitcher 1972-84; MLB Player of the Year 1982

"I have Achilles tendonitis, which makes it painful to walk. I was introduced to The Rossiter System at the American Football Coaches Association Convention. In less than 30 seconds, my Achilles tendon was much better and the pain was gone. These are the most effective techniques I've ever seen."

–Phil Hayford, Athletic Director and Head Football Coach, Shorecrest Prep School, St. Petersburg, Fla.

"I had such pain and numbness in both hands that I could hardly hold a ski pole or the steering wheel of my car. At the computer, I had to go through so many position gyrations just to get comfortable. I did my first Rossiter stretching exercise and could not believe the immediate results! My doctor told me that my only hope was surgery. You saved me from the surgeon's scalpel!"

–Heidi T., ski instructor

NOTE: The Rossiter System is not intended as a substitute for the services or advice of a competent health-care professional. For severe injuries, please see a doctor.

Rethinking Pain

Most athletes blame injuries on muscles, nerves, bones, disease or discs.

The Rossiter System addresses pain at its cause – the body's connective tissue system. Connective tissue that's overworked, stressed or injured tightens and shortens, causing all the symptoms that athletes associate with pain:

- TIGHTNESS
- TINGLING
- STIFFNESS
- ACHINESS
- LIMITED MOBILITY
- HEAVINESS
- POOR RANGE OF MOTION

The Rossiter System relies on hard, powerful stretches to lengthen and loosen connective tissue from head to toe.

About Richard Rossiter

Richard Rossiter is a connective tissue specialist, advanced certified Rolfer® and accomplished author who has written two books on stretching to relieve repetitive strain injuries.

A former chronic pain sufferer, he created The Rossiter System techniques to help people get out of pain naturally, without the risks and side effects associated with drugs, appliances and surgery. He is CEO of Rossiter & Associates Inc.