



### What is The Rossiter System®?

Quite simply, The Rossiter System is a powerful new way for massage therapists everywhere to help clients out of pain.

It is a series of more than 100 two-person stretching techniques that very quickly target a volume of connective tissue and loosen and elongate it to relieve pain and to restore range of motion and easy movement.

Each Rossiter session is called a “workout,” because two people - client and therapist, or Coach and PIC (Person in Charge) - work together to achieve results. The client remains fully clothed on a mat on the floor, and the therapist/Coach uses his or her foot to add weight to specific areas of the client’s body for each technique. The client is an active, involved participant - the person responsible for finding pain and stretching hard to remove it from the body.

Their techniques are unusual, but unusually effective. Many people notice positive results in a matter of minutes. If you’re looking for something to enhance your practice - and preserve your body - this is it! Consider a Rossiter workshop today!

### Testimonials for The Rossiter System from Massage Therapists

“I feel 20 years younger in only four days...”

... most powerful, results-oriented, body repair and maintenance system I have ever found”

“GREAT STUFF! I never got bored (a first for me in any class!)”

“These are incredible tools that help relieve chronic pain...”

“AWESOME...I got a tremendous amount out of this workshop...”

“The Rossiter System is so effective, and people are so surprised and so excited to get immediate results.”

“You saved me from the surgeon’s scalpel...”

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THE  
**ROSSITER**  
system®  
Workouts

**For Massage  
Therapists**



**“the best workshop I’ve ever taken...”**

**Easy to Learn. Easy to Do.  
Easy on You!**

## Why Use Rossiter Techniques? Help Your Clients. Help YourSELF.

The Rossiter System can be a great marketing tool AND a way for you to preserve the health of your body and the longevity of your career.

Once word gets out about your new pain-busting techniques and skills, word will spread. Use The Rossiter System to promote your practice, attract new clients, retain existing clients and shorten your sessions to maximize income potential.

Says one massage therapist who uses Rossiter techniques regularly: "I've gone from two half-hour sessions to three 20-minute sessions an hour." Why? Rossiter results are fast, and clients are asking for it.

- Market yourself as a Rossiter-certified Massage Therapist
- Schedule more sessions in less time. Some therapists now charge the same HOURLY fees for 20- or 30-minute sessions
- Offer Rossiter-only sessions for clients who want quick, effective pain relief
- Use your feet instead of your increasingly vulnerable hands, elbows and shoulders to get results. Save YOUR body while you help your clients!

*"When you're talking about connective tissue or myofascial pain release techniques, you can do only so much without hurting yourself. No myofascial techniques or machines can stretch a body the way another person can stretch it. I'm a 20-year Rolfer® who's taught these techniques to bodyworkers of all kinds. Those who take the class agree that no other system or approach comes close to the power and effectiveness of The Rossiter System."*

--Richard H. Rossiter

## The Workshop That Will Change Your Practice Forever!

A two- or three-day Rossiter System workshop gives you all you need written materials, hands-on instruction, interactive learning techniques and the practical skills to learn more than 35 pain-busting Rossiter techniques as both client AND therapist.

The Rossiter System addresses pain at its cause - the body's connective tissue system. Tissue that's overworked, stressed or injured naturally shortens and tightens, causing pain, stiffness, tightness, limited range of motion, poor sleep, heaviness and other symptoms.

The Rossiter System relies on hard, powerful stretches to loosen and elongate tissue through weight, warmth and stretching. Use it to prevent or relieve:

- Neck and Shoulder Pain
- Arm, Wrist and Hand Pain
- Elbow Pain
- Low Back Pain and Sciatica
- Hip Pain
- Knee Pain
- Leg and Calf Pain
- Foot and Ankle Pain
- Find a workshop near you today!

Unique in their approach to pain, these techniques require the client's active involvement to stretch away pain by loosening and lengthening connective tissue from head to toe. Most people feel results immediately - some in a few days/weeks. Kick off your shoes, pull up a floor mat and find out what The Rossiter System is all about.

## Try It! A Free Knee Technique!

Ask the client to place the knee at a 90-degree angle on a well-padded chair. Place the arch of your foot



on the client's upper calf, just below the knee. Add weight straight down. Point your toes up. The client S-L-O-W-L-Y pushes out the

heel, then points the toes outward, then S-L-O-W-L-Y rotates the foot in a wide, slow circle several times around in one direction, then several in the other. Do it twice. Done! Walk around and feel the difference!

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### About Richard H. Rossiter

Richard H. Rossiter is an advanced certified Rolfer® who has pushed the boundaries of bodywork to recreate the powerful two-person stretching program known as The Rossiter System.



A former pain sufferer, he combined his knowledge of connective tissue with the concepts of weight and active client movement to create a series of powerful techniques that prevent and relieve pain quickly and effectively. Rossiter has written two books on stretching, including his latest, *Surgery Sucks!!!!* (surgerysucks.com). Since 1990, he has worked as a workplace consultant specializing in repetitive use injuries. He now offers Rossiter System workshops throughout the U.S.