



Top 10 FAQs About The Rossiter System® for Athletes

- 1. I already have a stretching program. Why would I use The Rossiter System?**
- 2. What's so different about the Rossiter System?**
- 3. Why do these techniques focus on connective tissue instead of muscles and joints?**
- 4. When you say the Rossiter results are "quick," how "quick" do you mean?**
- 5. Is this program something only trainers and team doctors can learn?**
- 6. What if a player's already had surgery? Can he/she still use the Rossiter techniques?**
- 7. We need something to prevent injuries. How can The Rossiter System help?**
- 8. How often should these stretches be done?**
- 9. What type of investment is required to implement the Rossiter System?**
- 10. How long does it take to learn these stretches? And how many are there?**

1. I already have a stretching program. Why would I use The Rossiter System?

The Rossiter System is quicker, more effective and more powerful than most stretching programs that athletes have used over the years. A typical Rossiter Workout can be done in as little as 20-30 minutes, and many sudden aches and pains can be resolved in a matter of minutes. Better yet, two people stretch together in a Rossiter Workout for better, quicker results than solo stretches. For athletic trainers who are always looking for something "new" that saves time and gets results, The Rossiter System is it!

2. What's so different about the Rossiter System?

First, they look weird! Most athletes are accustomed to stretching on their own, individually. The Rossiter System involves two people in stretching, with one athlete/trainer helping a fellow athlete, teammate or partner to stretch. The Rossiter System relies on a partner's foot to add warmth and weight to specific areas of connective tissue, while the athlete actively works hard to stretch his/her own body optimally. Instead of "spot work," The Rossiter System stretches large volumes of connective tissue very quickly, effectively...and very powerfully. More than 100 techniques target the neck, shoulders, elbows, arms, wrists, hands, low back hips, knees, hamstrings, legs, ankles, feet and toes. The athlete determines how hard to stretch for his/her own body and his/her activity or sport.

3. Why do these techniques focus on connective tissue instead of muscles and joints?

Connective tissue is the internal support structure for the entire body. Connective tissue also intertwines every muscle fibril, giving muscles shape, direction and the ability to move and perform. If the shape of the connective tissue is outside of the body's normal parameters for optimal performance, the muscle cannot function as it was designed and reacts with pain, stiffness, tightness and limited range of motion. In athletes, optimal performance depends on optimal "space" of the surrounding connective tissues that shape and support the muscles involved in every activity. When connective tissue is overused, injured or traumatized, it shortens and tightens. The Rossiter System uses warmth and weight – similar to kneading Silly Putty to make it pliable – so that connective tissue can be stretched easily back to a normal, supple, pain-free state. Healthy connective tissue supports everything an athlete does – movement, range of motion, flexibility, strength, power, endurance.

4. When you say the Rossiter results are "quick," how "quick" do you mean?

Can you say minutes? Seconds? It's possible that players injured during a game or event could undergo a Rossiter Workout right on the sidelines/courtside and return to the game within minutes, especially for problems such as muscle cramps, charlie horses, low back pain, stiff shoulders, tight calf muscles, knee pain and foot problems. Fairly recent problems of pain or tightness can be resolved with a few techniques, and a full-body Rossiter Workout can be done in as little as 20-30 minutes.

5. Is this program something only trainers and team doctors can learn?

Certainly not! The Rossiter System is designed for professionals AND the lay public alike, but Richard Rossiter welcomes the participation of athletic trainer/medical professionals. His two-, three- or four-

day workshops are certified for continuing education credits by the National Athletic Trainers' Association, the National Certification Board for Therapeutic Bodywork and Massage, National Strength and Conditioning Association, and American Physical Therapy Association affiliates in Ohio, Illinois, Texas, Georgia, New York and Arizona. After a 3-day workshop, anyone – athlete, athletic trainer, team doctor, chiropractor, parent, layman/woman – should be well trained in at least 30-35 Rossiter techniques.

6. What if a player's already had surgery? Can he/she still use the Rossiter techniques?

Certainly, but surgery is an invasive procedure that damages and compromises natural, healthy connective tissue. So athletes who've undergone surgery (or cortisone shots) will see results with The Rossiter System, but results might take a little longer than in athletes who haven't undergone surgery.

The Rossiter System's stretches are quick, powerful and effective...exactly what athletes need to maintain their bodies and to relieve chronic pain. Power. Speed. Results. Just what the trainer ordered!

Progress will be slower. It might be more difficult to "feel" improvement, because tissue that's been compromised by surgery or the corrosive effects of cortisone takes longer to change. There is one exception: because back surgery is so invasive, Richard Rossiter does not support the use of his techniques on anyone who's had back surgery, no matter what. Back surgery changes the nature of back mechanics so much that he simply will not use the back techniques on anyone who's had back surgery.

7. We need something to prevent injuries. How can The Rossiter System help?

If athletes are already pain-free, the Rossiter System is a great way to prevent injuries and keeping the body supple, limber and fully functioning. Craig Swan, a former pitcher for the New York Mets, is now a certified Rolfer who uses these techniques with his clients. And for four years while he coached high school and college baseball, he used the Rossiter techniques with his pitchers – none of whom ever made it to the disabled list. They simply didn't get injured.

8. How often should these stretches be done?

It depends on several factors: how long the athlete has been in pain, how chronic the pain, how willing the athlete is to work hard to get out of pain. Most people notice a difference after the first workout. People who use The Rossiter System to prevent pain may need a workout only once a week or once a month. Others might want to do a workout every few days to stay in shape. People trying to overcome pain might need a workout every day or every other day for a few weeks, and then only maintenance workouts every week after that. The great thing about The Rossiter System is that the athlete himself/herself is in charge of his or her own progress. (Only YOU know where your body hurts inside: The Rossiter System gives the athlete -- with the trainer's help, knowledge and assistance -- the power and the tools to find his/her pain, stretch it out and take care of it for good).

9. What type of investment is required to implement the Rossiter System?

Workshops range from \$250-\$500/person, and the "equipment" includes low-cost foam mats (\$5.89 at Wal-mart), clean socks, some wooden boxes/stands that give the stretching "coach" added height during a workout if needed, and a straight-backed chair, tall cane or tall pole for support. That's it! On a field or court, all that's needed is a mat on the floor and a clean pair of socks. If you're interested in Rossiter System on a consulting basis for your school, team or facility, contact Rossiter & Associates at 1-800-264-8100.

10. How long does it take to learn these stretches? And how many are there?

Workshops are offered in two, three or four days, depending on how many techniques are taught. Children as young as 10 and folks in their 90s have learned them. The Rossiter System has more than 100 techniques arranged in 10 levels – each built on the knowledge of the previous level, and each level quicker and more powerful at delivering results. There are separate groups of techniques for the lower back/sciatica, neck and shoulders, elbows, knees, hands, and feet...and for women athletes, a few extra techniques for menstrual cramps.

What are you waiting for!!!???