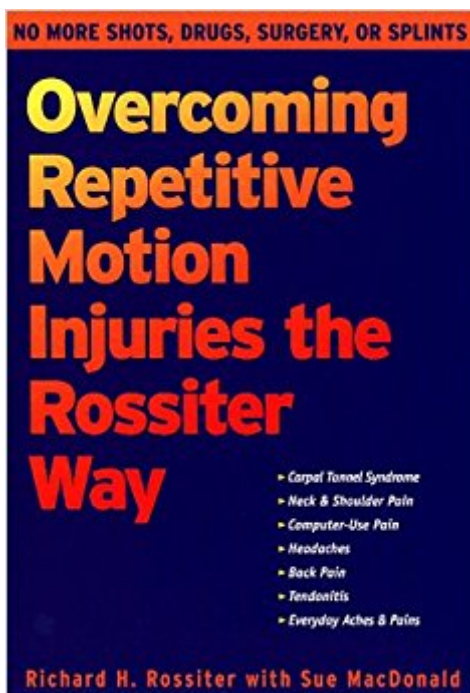


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# Overcoming Repetitive Motion Injuries The Rossiter Way



## Synopsis

This book presents a rehabilitative stretching system that has been taught to thousands of workers in companies ranging from Fortune 500 businesses to small manufacturers. This system is unique in that it is designed to stretch the body's network of connective tissue. Unlike many other forms of deep-tissue bodywork, Rossiter's stretches are easy to teach and learn, and require no more equipment than a partner, a soft mat, and a chair.

## Book Information

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## Customer Reviews

Richard H. Rossiter is a repetitive motion injury/cumulative trauma consultant for businesses.

About 15 years ago I was working 80 hour weeks computer programming and I eventually started getting tingling and slight pain in my hands. I managed to resolve it with chiropractic visits for my back and some wrist weight exercises and didn't have much problem with it until recently when I was pulling wire through the wall at our house and strained my wrist. It's now been a month and a half and it's still causing me pain and tingling to type too much. Chiropractors and doctors always told me the muscle needs to be built up with exercises to take the strain of whatever you're using it for, which never made a lot of sense to me because typing doesn't use much strength and once you start feeling pain, even tiny movements that take almost no effort hurt. My roommate got it really bad and had to switch to text to speech software and it still took years to heal. This book provides an explanation for the pain that seems a lot more logical: Overused tendons and muscles have

thickened during healing and are now all a little too short or tight so they're almost always pulling against the bones they're connected to more than they should be. Doing the deep stretches of this method forces connective tissue to stretch and elongate. Doing weight exercises prescribed by a doctor/chiropractor probably has the same effect but it's more of a secondary effect and takes a LOT longer. The Rossiter method (which is actually based on Rolfing, something I'd heard of 15 years ago but never tried) seems to work. I definitely felt an improvement the first day I used it and we only did the first three of the six stretches. I don't think it helped as much this second day but my wife may not have put enough weight on things. The stretches are a little tricky to master, especially "hole in the shoulder" which we tried for the first time today. The only thing that bugs me is how long it takes to complete all the stretches. The book says 20-30 minutes but we spent that much time doing just 5 of the 6 stretches on one side today, and it felt like we were moving through it fairly fast. I definitely don't see doing 6 stretches on both sides (or even one side) in 20-30 minutes. Once you're really used to the stretches and you don't waste time between them saying "oww" and relaxing till you're ready again, then MAYBE it might take 10 seconds of stretch, 10 of rest, times 3 = one minute per exercise, times 6, plus a minute between for initial positioning would be another 6 minutes so 12 minutes for a side. That seems to make sense "on paper" but I don't expect it to happen for quite awhile. Whatever time it takes, it will be worth it to get rid of the pain. Update: It's about a week later and I no longer have arm pain - just slight numbness, but not very often. My wife has been sick and busy preparing for a convention so we only managed to do the first 3 stretches one more time a few days ago. I've been wanting to do them again to try to get rid of the last lingering numbness and maybe try the lower back stretches or the ones for hunched shoulders. This does bring up a good point that if you don't have a reliable stretching partner, these exercises aren't going to work too well for you. Then again, a lot of reviewers seem to report that just a few sessions make a big difference, and that's been my experience so far. Update2: It's been over 8 months and the exercises still keep me mostly pain free. Whenever I start to feel too uncomfortable I just do exercises 1-3 and it's vastly improved by the next day. I've actually only had to do it for my left arm - my right arm has been fine now for months. I'd say I do the techniques about once a month on average or maybe slightly more. Since the book had me thinking about tight vs stretched connective tissue, I realized that I tended to sleep with my hands curled up to my chest or face and I think that keeps one side of my arms overstretched and the other overtight. I've been forcing myself to sleep with my arms more outstretched (with maybe a 120 degree bend at the elbow - whatever feels like it's not pulling in either direction) and I think that's made a significant difference as well.

As a musician, I play the piano about 30 hours per week. This became difficult with the onset of tendonitis and carpal tunnel symptoms. I did these exercises daily for about 6 mos. with a personal trainer and physical therapist. I now live symptom free! Thank goodness I said no to the cortisone injections! I highly recommend it to anyone with similiar problems. You can be healed with this system of exercises.

I am sorry, some people say this book helped them but I found the exercises to be very tedious and ineffective. It was actually a pretty upsetting experience, because it was all so uncomfortable to do, and I really needed to find a solution to my Repetitive Strain Injuries but could not. Finally I discovered The Triggerpoint Therapy Workbook by Clair Davies (which saved my life) and It's Not Carpal Tunnel Syndrome by Suparna Damaney & Jack Bellis (which is essential for anyone who has a computer-related Repetitive Strain Injury). The MindBody Prescription by John Sarno also gave me a different perspective, though it didn't help me personally as much as the others a lot of people swear by it. If you happen to live in Los Angeles they are all available from the library, I don't know about other cities. Oh, and Sharon Butler's book, Conquering Carpal Tunnel Syndrome is also good for teaching gentle stretches. In the end, it was this collection of books that told me all I needed to know and now I have completely recovered. But unfortunately the Rossiter Way did not help me at all. I'm giving it 2 stars just in case it has some merit I missed.

Thank you for a book that not only is easy to understand and follow, but also one which actually does what it claims! The book is a godsend for my family! I have had full-blown Fibromyalgia Syndrome for more than 10 years, and I've taken advantage of almost every traditional and non-traditional modality of healing which exists. In short, none have provided noticable relief for the pain. The upper body streches as demonstrated in the book really do reduce the pain in my neck and shoulders as well as increase my range of motion in those areas. Likewise, my husband experiences cramping and aching in both calf muscles in the evenings, and traditional stretches do nothing to alleviate the discomfort. Enter the Rossiter calf stretches and , just like that, the pain disappears. It's not magic, it just works! The book has become my best friend! Thank you!

I had a chronic clenched muscle on the left side of my mid back for about 7 years. Some days it would be no problem, some days the pain was almost totally debilitating--I couldn't sit still for more than 5 minutes, which was a huge problem since I spent most of my time on the computer or at a drawing table. I tried chiropractic, massage, rolfing, yoga. Nothing gave me long-term relief. Then I

found this book through my rolfer. I was skeptical about the back exercises, because you work on the thighs, not the back at all. Well, after doing the back exercises twice, the pain was gone. Entirely. Doing them once every three months now is enough to keep me pain free. The exercises on the arms are fantastic for relieving carpal stress. Both my girlfriend and I have had periods of intense computer activity where we can feel the tightness building dangerously. But running through the forearm, bicep and shoulder stretches offers \*instantaneous\* and sustained relief. It seems too simple. But it works.

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