

CHAMPS Advantage Professionals

Advanced Seminars

2008 - Rick A. Johnson MBA, CAMT, NCTMB is the founder of CHAMPS Advantage Professionals (www.CHAMPSadvantage.com), an organization which promotes complementary manual therapies for elite athletes and clients with active lifestyles. CHAMPS stands for Care, Healing & Athletic Maximization Programs for Sports. CHAMPS Advantage Professionals is the first organization to coordinate continuing education training and a referral network for multiple hands-on healthcare professionals including chiropractors, massage therapists, and athletic trainers. The CHAMPS Advantage seminars and the associated cooperative healthcare referral network encourage a team approach for providing elite athlete and client care.

All CHAMPS Advantage Professionals are trained in the soft-tissue methodology called Phasing with Active Isolated Release™. Johnson created this methodology with industry leading soft-tissue techniques from John Barnes, Robert King, James Waslaski, Pam Latterell, Sr. Rosalind, Dr. Loren Stockton and others. Treatments have been proven with Olympic medalists, Paralympic medalists, Stanford All-Americans, local college and high school athletes. Preliminary research indicates significant increases in flexibility/range-of-motion and posture/balance improvements. Other benefits of these treatments include injury prevention, accelerated rehabilitation, improved conditioning, endurance & strength, and pain relief/elevated sports psychology. CHAMPS Advantage Professional credentials are used by healthcare workers completing the following seminars:

- CHAMPS Advantage Chiropractor (CAC): ***Cervical and Lumbar/Sacral Methodology*** - This six hour, Minnesota Board of Chiropractic Examiners (MBCE) approved, seminar demonstrates and employs hands-on treatments for cervical and lumbar/sacral care using Phasing with Active Isolated Release™. Instructors are Rick A. Johnson and Dr. Loren Stockton D.C., DACBN, CAC, CNN, FIACA.
- CHAMPS Advantage Massage Therapist (CAMT): ***Advanced Anatomy - Phasing with Active Isolated Release™*** - This 72 hour, NCBTMB approved, seminar teaches the key bony landmarks, muscles, tendons and ligaments of the human body. Kinetic exercises integrate sports massage, acupressure, myofascial release, trigger point therapy and muscular therapy. Johnson co-teaches this seminar with professionals like Jon Thompson CBT, CMT and Marie Robling CMT, CYT.
- CHAMPS Advantage Athletic Trainer (CAAT): ***Sports Specific - Phasing with Active Isolated Release™*** - This 12 hour, Board of Certification approved, seminar teaches hands on clinical treatments for the most common types of soft-tissue sports injuries. Johnson co-teaches this seminar with other industry professionals like Nicole Fisher, AT.

The above seminars teach advanced pain and deep-tissue therapy based on Phasing with Active Isolated Release™. Seminars utilize Johnson's textbooks Anatomy Flashcards for Healing Massage Techniques (PEARSON Prentice Hall, 2008) and the Healing Arts Handbook.

For registration details visit CHAMPSadvantage.com, call 952-447-3636 or e-mail rickjohnson@CHAMPSadvantage.com.

CAC: CHAMPS Advantage Chiropractor
CAMT: CHAMPS Advantage Massage Therapist
CAAT: CHAMPS Advantage Athletic Trainer



Doctor Quotes:

- Dr. Loren Stockton, DC, DACBN, CNN, CAC Instructor in Burnsville: 612-382-0980 “The proof is in the quality of the results; Phasing with Active Isolated Release works for me, my family and my clients.”
- Dr. Melissa Engelson, DC, CAC in Prior Lake: 952.567.1005: “Once you learn Phasing with Active Isolated Release, it can be integrated with any technique and into patient care that day. The enormous results are noticed and felt by the practitioner and the clients. Phasing with Active Isolated Release provides efficient, effective results!”
- Dr. David Dow, DC, CAC in Owatonna: 507-451-1691 or ddowdc@dowchiro.com: “I have used deep-tissue work in my practice for the last eight years with pretty good results. Now I use Phasing with Active Isolated Release with incredible results. I can even see improvements in my chronic pain patients. I have abandoned my old soft-tissue routines and now use Phasing with Active Isolated Release.”

Coaches and Athlete Quotes:

- Jason Borrelli, Stanford Wrestling Head Coach: “I have seen the benefits of Phasing with Activated Isolated Release for my wrestlers, my assistant coaches and myself for the expedited treatment of chronic injuries and pain. I wish knew about this methodology when I competed in high school and college sports.”
- Jon Thompson, CAMT Instructor, in Minneapolis: 763-226-6229 “Phasing with Active Isolated Release is the first treatment that has significantly helped me with my shoulder dislocation problem and helped me reach my goals of better health and higher athletic performance.”

Therapist Quotes:

- Angela Wix, CAMT in Lakeville: 952-484-6573 “This is a totally different experience than my previous energy work. Completing this seminar helped me address my own pain and injuries. I connected the dots on my own body and changed how I care for others.”
- Patrick Heaney, CAMT in Prior Lake: 952-484-1914 “This class opened my eyes and made me much more aware of my own body and posture. Healing old injuries from high school and college basketball was truly a great experience. I can’t say that Phasing with Active Isolated Release creates miracles, but it really works!”
- Chris Steenerson, CAMT in Otsego: 763-300-3456 “I had some therapy training coming into class, but Johnson’s Anatomy Flashcards really helped me put everything together.”
- Jonathan M. Steenerson, CAMT in Otsego: 763-498-4065 “My dad, Dr. Mark Steenerson, sent me to class. I had no idea Phasing with Active Isolated Release could do so much for me and now I can now help others with pain and injuries.”
- Jonay Stepanek, CAMT in Elk River: 763-443-6536 “I have years of training and work experience as a massage therapist. Phasing with Active Isolated Release now tells me where and how to address real problems for my clients. This seminar has helped me reach my goal of helping athletes and clients with active lifestyles.”
- Julianne Thompson, CAMT in Columbia Heights: 612-282-8154 “I personally noticed positive changes in my posture and flexibility from weekly class treatments. Now I feel committed to working on others to achieve similar results.”
- Justin Thompson, CAMT in Arden Hills: 763-238-9287 “I was fascinated that working muscles and boney landmarks can make such a big difference. I plan to retake the class to further advance my skills and abilities.”
- Marie Robling, CAMT, CYT in Jordan: swan1mbr@earthlink.net “Phasing with Active Isolated Release has equipped me with a myriad of very effective modalities that instills tremendous confidence in my work.”
- Jenna I. Thompson, CAMT in Anoka: 612-987-7104 “Phasing with Active Isolated Release has changed my career and life. In the future I plan to be a CHAMPS Advantage instructor.”
- Lidy Flom, CNC, CBT, CAMT in Prior Lake 952-447-8377 ladylidy7@gmail.com “Phasing with Active Isolated Release (PAIR) takes healing and pain relieve to another level. From my experiences as a certified therapist, wellness coach and platform speaker I know that people are looking for real results. PAIR empowers therapists to isolate and treat chronic soft tissue pain and injuries immediately using a transformational, high-impact methodology.”