

Rick A. Johnson Assigned to OTC Sports Medicine Team

June 15, 2008 @ the Olympic Trials – Rick A. Johnson MBA, CMT, NCTMB of the Healing Arts Center and CHAMPS Advantage (www.CHAMPSadvantage.com) in Prior Lake, Minnesota has been assigned to the U.S. Olympic Training Center (OTC) sports medicine team at Chula Vista, CA June 23rd – July 8th, 2008. The OTC in Chula Vista supports athletes in Archery, Canoe/Kayak, Cycling, Field Hockey, Paralympics Track & Field, Triathlon, Track and Field, Softball, and Rowing; see the following link for more information on the OTC in Chula Vista: http://www.usolympicteam.com/12181_19097.htm.

Johnson plans to utilize his PHASING™, Ten Step (Healing Arts) Protocol™ and Sports Specific Treatments™ with these elite athletes. Johnson states “Clients typically see and feel results after one session.” Several Minnesota chiropractors endorse his work including CHAMPS Advantage Board Members Dr. Loren Stockton and Dr. Mark Steenerson. Further, Johnson’s new Cervical and Lumbar/Sacral Seminar was recently approved by the Minnesota Board of Chiropractic Examiners (MBCE). Stanford University Sports Medicine Department has also taken an interest in his work and is currently reviewing Johnson’s recent publications and textbook.

Working with Dr. Loren Stockton, Johnson developed PHASING™ - the first fully integrated testing and treatment methodology which enhances multiple manual therapies such as chiropractic, physical therapy, massage therapy, and athletic training. PHASING identifies areas of tightness and limited flexibility using bilateral range-of-motion tests. Once a pain, injury, or ailment is isolated, it can be treated with various techniques including: Proprioceptive Neuromuscular Facilitation (PNF), muscular therapy, myofascial release, trigger point therapy and/or chiropractic adjustment. Working with Pam Latterell, lead instructor at Sister Rosaland’s Clinics and Schools, Johnson developed The Ten Step (Healing Arts) Protocol - a common sense approach to soft-tissue treatments.

Johnson developed the idea of Sports Specific Treatments working with local and national sports teams, especially members of the Stanford University (CA) wrestling and Prior Lake High School (PLHS) wrestling teams. Both teams have experienced unprecedented levels of success, setting numerous individual and team records during their 2007/2008 seasons. Johnson works with many other clients and sports teams including the PLHS Football, Lacrosse and Soccer teams.



CHAMPS Advantage™ Professionals

June 15, 2008 @ the Olympic Trials – Rick Johnson announces CHAMPS Advantage (www.CHAMPSadvantage.com), a new professional organization promoting complementary manual therapies for elite athletes. CHAMPS stands for Care, Healing & Athletic Maximization Programs for Sports. CHAMPS Advantage is the first professional organization to certify multiple healthcare professions including chiropractors, massage therapists, physical therapists and athletic trainers. The CHAMPS Advantage certification programs and the associated cooperative healthcare referral network encourage a team approach for providing client care. Certification includes:

- CHAMPS Advantage Certified Chiropractor (CACC)
- CHAMPS Advantage Certified Massage Therapist (CACMT)
- CHAMPS Advantage Certified Physical Therapist (CACPT)
- CHAMPS Advantage Certified Athletic Trainer (CACAT)

Sports specific treatments help athletes win at their highest levels of competition. Research conducted in Prior Lake indicates significant increases in flexibility/range-of-motion and posture/balance improvements. The following three seminars are offered through the CHAMPS Advantage Professionals organization:

- ***NEW 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 and treatment. Instructors are Rick A. Johnson and Dr. Loren Stockton D.C., DACBN, CNN, FIACA.
- ***Advanced Anatomy*** - This 72 hour, NCBTMB approved seminar teaches the key bony landmarks, muscles, tendons and ligaments of the human body in a special learning model with kinetic exercises. Johnson co-teaches this seminar with other industry professionals like Jon Thompson CBT, CMT, and Nutritionist.
- ***Multi-modality Clinical Bodywork*** - This 72 hour seminar teaches the most popular soft-tissue treatments including acupressure, myofascial release, trigger point therapy and muscular therapy. Johnson co-teaches this seminar with other industry professionals like Marie Robling CMT, CYT.

The above seminars teach “Advanced Pain and Deep-tissue Release™” techniques including PHASING™, the Ten Step (Healing Arts) Protocol™ and Sports Specific Treatments. Seminars utilize Johnson’s textbooks “Anatomy Flashcards for Healing Massage Techniques,” published by PEARSON Prentice Hall, and the “Healing Arts Handbook.” For registration details visit CHAMPSadvantage.com or call Rick Johnson at 952-447-3636.

