



RAPID NeuroFascial Reset: Lower Body

Instructed by Sherry Routledge, RMT, & Rob Routledge, RMT

Registration Deadline: August 29, 2026

Date: September 19-20, 2026 (In-Person) **Minimum: 10 participants / Maximum: 20 participants**
Time: 9:00am–5:30pm (AST)
Location: **Chateau Saint John**
369 Rockland Road
Saint John, NB
Fee: \$850 (ANBMT Member) *Non-Members may register directly on the RAPID website
<https://www.rapidnfr.com>
****This course is \$997 OR \$1,046.87 (inclusive of 5% GST) when offered by RAPID-NFR.***
(PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
CEUs: 14 hours (previously CMTNB Approved 2022)
***Student members are eligible to take this course.**

Preferred room rate: Chateau Saint John, \$149.00 + taxes (15% HST and 3.5% MAT) per day (2 queen beds), includes breakfast, WIFI, and free parking. A block of 10 rooms have been reserved. Book one month in advance to secure a room. **Phone: 506-644-4444**
Booking Reference: ANBMT Group.

Course Details

RAPID-NFR allows the practitioner a fast and effective method of treating the most complex musculoskeletal issues that therapists encounter. Our goal for this course is to not only give the practitioner a successful method of neurologically desensitizing the tissue but also increase their palpation skills and learn simple protocols to release and restore range of motion.

"Well over half the people who seek out therapists do so because of pain. As therapists, it is our job to ensure we help our clients resolve their pain quickly and effectively."

Immediate application—after your first weekend seminar, you will be well-equipped to be able to deal efficiently with your client's pain and range of motion concerns. You will have a new understanding of the central nervous system's role in the release of tissue tightness and how to achieve those changes quickly and with the least effort possible. Your clients will notice immediate changes and your business will grow exponentially.

Curious about just what you will learn at a RAPID NeuroFascial Reset course?

Upon successful completion of this course, participants will be able to palpate and stimulate the nervous system to alter tissue tension. Participants will also have a firm grasp of the neurological basis for fascial and muscular relaxation of the tissues and understand how to access the neurobiological system in which the fascial system communicates. Participants will also understand the role of injury in its relationship with inflammation, tissue tightness, neuromuscular control and muscle imbalance in regard to the motor control center; as well as how all of these can contribute to increased tissue tension and pain. Participants will also gain an advanced understanding of the mechanoreceptors of the fascia, as well as a method of manipulation to affect the greatest changes in tissue tension, tightness and foremost pain.

We hope you will join us!!

What will you learn?

LOWER BODY SEMINAR will cover;

- Sciatica-Bursitis
- Bunions
- Plantar Fasciitis
- Knee Pain
- Quad and Hamstring Pulls

- Low Back Pain
- Sacroiliac Dysfunction
- Shin Splints-Baker's Cysts
- Arthritic Joints
- Pronation and Supination corrections
- Pubic Symphysis Release and much more.

Sneak Peak...here is what you can expect when you register for this class and join the RAPID NATION....

*A fully illustrated, 115-page manual.

*Lifetime online access to our private Facebook group of nearly 1,700 health care practitioners or every designation-for support, questions, trouble shooting and to share your successes.

*Forever access to us- yes us, for questions, so you never feel alone in your education. We are here every step of the way for our students.

*Lifetime access to our technique videos- to refer to and resource as often as you like.

*Half price course recertifications, because if you want to be the best at RAPID we want to make it easier for you to do that!

*A frameable certificate of completion.

*Approved CE Credits.

*Use of our logo, for your website and advertising to really set you apart from your competition.

WHO CAN TAKE RAPID?

RAPID is open to all licensed health practitioners. It has been our experience that the hands-on portion of our system is best suited to those individuals who have hands on palpation and bodywork experience.

What to Bring

- Portable massage table (1 per 2 participants)
- Full table set-up:
 - Sheets
 - Blanket
 - Face cradle cover (recommended)
 - Pillows or bolsters (optional)
 - Sanitation supplies
- Comfortable, loose-fitting clothing
- Lunch, snacks, and water
- Massage oil, lotion, or preferred medium (optional)

About the Instructors

Sherry Routledge, RMT, & Rob Routledge, RMT,

We are Canadian-based and trained, registered massage therapists, with over 40 years combined experience. Over the past 20 years we have built a thriving clinic in our small town, where our patient list is bigger than the population (no we're not kidding). We initially struggled, but over time, we started to excel. Over time, our competitors started to send their difficult clients to us, and they started to ask us to share what we were doing. So, we did, and now we want to share it with you.

Our classes were created out of a strong passion, a shared vision, and a ceaseless commitment to making learning easily accessible from anywhere in the world. Founded in 2016, our unique approach to teaching is designed to provide our students with the opportunity to get a hands-on education or the ability to learn anywhere in the world on their own time.



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(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone:(Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Student Member Non-Member Association _____

Please return the completed registration form by email and submit payment via one of the options below

Method of Payment: Cheque Money order E-transfer Email: anbmt@anbmt.ca

Credit Card ***Please contact the ANBMT anbmt@anbmt.ca to pay by credit card.**

***No refunds will be issued after the registration deadline has passed.**