



## **RAPID NeuroFascial Reset: Upper Body** **(Online, Self-Paced)**



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

**Registration Deadline: October 18, 2026**

- Date:** Course begins the first week of November 2026, with a launch date of **November 1**.  
There is **no minimum or maximum** enrollment.
- Location:** **Self-Paced (Learn at your pace ONLINE!)**
- Fee:** **\$500** (ANBMT Member) **\*Non-Members can register on the RAPID website <https://www.rapidnfr.com>**  
**\*There is a 2-year time limit for access to the class (you have 2 years to complete the course!)**  
*This course is **\$732 (including 5% HST)** when offered by RAPID-NFR – that's over **\$200 in savings!***  
(PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
- CEUs:** **15 hours (previously CMTNB approved 2022)**  
**\*Student members are eligible to take this course.**

### **Course Details**

- **Format:** Self-paced online course delivered via **Zoom**.
- **Access:** Students have **2 years to complete the course**.
- **Ongoing Resources:** After two years, participants retain **lifetime access to technique videos** for reference and practice.
- **Course Materials:** A **fully illustrated 115-page manual** (PDF).
- **Certification:** Participants will receive a **PDF certificate of completion** upon finishing the course.

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?**

Complete neurological-based protocols to reduce tension in muscles, nerves, tendons and ligaments of the upper body. Which will include protocols for:

### **UPPER BODY SEMINAR**

- Migraines/headaches
- Frozen shoulder
- Golfer's and tennis elbow
- Back pain
- Whiplash
- TMJ
- Vertigo and Tinnitus
- Arthritic Joints
- Carpal Tunnel
- Nerve releases
- Numbness and tingling
- And, much more.

### **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.

### **Here is what you can expect when you join the RAPID NATION, each RAPID class has...**

\*Over 15 hours of video content and 115 technique videos to cover the treatment of many common pain conditions from back pain and sciatica to migraine headaches.

\*Lifetime online access to our private Facebook group of nearly 1000 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.

\* A Free listing in our worldwide directory, to get you noticed and found by people looking specifically for RAPID

Therapists. <https://www.rapidnfr.com>

\*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!

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

**\*Upon registration an email will be sent to you with your teachable login information. Happy RAPID-ING!**

### **What to bring**

- It is preferable if the student has a "body" to practice on, but you can certainly run through the course and then practice afterward.
- The class starts with a 4-hour lecture, so a "body" is not required.

### **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](mailto:anbmt@anbmt.ca)

Credit Card **\*Please contact the ANBMT [anbmt@anbmt.ca](mailto:anbmt@anbmt.ca) to pay by credit card.**

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