OPEN WATER
Swimming
MAGAZINE

The Comeback
of Roy Burch

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**SPECIAL FEATURE**

**The Comeback of Roy Burch**

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The Comeback of ROY BURCH

"I drove my body upwards as strongly as I normally do, trying to be as explosive as possible," recalled Olympic sprinter Roy Burch.

SPECIAL FEATURE

"When my feet left the ground, I heard something tear from both legs."

"I knew immediately that the injury was bad, but I had no idea that I would be out so long."

ROY BURCH
(Continued on page 23)
Burch was down and out.

In a series of jumping squats, he had literally jumped so fast and so hard that he tore his ligaments right from the bone.

It was a freak accident, but this was the level of intensity that Burch had become known for.

A two-time Olympic swimmer from Bermuda, Burch was among the best in the world in the start of the 50- and 100-meter freestyle sprints.

The man to watch...

Consistently the man to watch with the fastest reaction time off the starting blocks, Burch used his impressive physical skills to gain an early advantage over his rivals.

His coaches, both in Bermuda and at SwimMAC in North Carolina, knew that Burch has the talent and drive to be a force to be reckoned with at the 2016 Rio Olympic Games.

But he has to remain healthy and on top of his game to compete with the sprinters from traditional swimming powerhouses like the United States, France, South Africa and Australia.

However, he found himself crumbled on the ground, writhing in tremendous pain.

In spite of his fears, he formulated a plan.

As soon as his fears become a reality, he had already formulated a plan to come back. Burch was not an athlete to remain down for long.

But his rehabilitation was a bear. Eight weeks in a wheelchair, his powerful physique took a hit.

His muscular frame, especially his powerful legs, were atrophying even through he was undergoing an intense program of traditional physical rehabilitation.

Atrophy ensues.

His muscular frame, especially his powerful legs, were atrophying even through he was undergoing an intense program of traditional physical rehabilitation.
"I have something that can help you," Morgan tweeted at Burch.

"I am game," Burch tweeted back.
"What is it?"

"KAATSU."

This was not the first encounter between Roy and Chris. They had crossed paths twice before: once in 2008 at the Olympics in Beijing when Morgan's athlete Andrei Cross (from Barbados), introduced the pair, and then again the two spoke briefly at the World Championships in Doha, Qatar in late 2014.

"I have something that can help you," Morgan tweeted at Burch.

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So began the odyssey that brought the unlikely pair together: one coach from Beverly, one athlete from Bermuda.
Two years ago, Morgan had been introduced to KAATSU while coaching at Harvard University and had used KAATSU to rehabilitate himself from two broken ribs.

Morgan, himself a former sprinter, had also prided himself on a powerful kick to propel him through the water.

"I understood what Roy had lost and what he needed to gain back," he said.

"I broke two ribs in a mud run and did KAATSU twice a day for a week. After 7 days, I went back to get x-rays because I no longer felt any pain. The x-rays had shown that the ribs were completely healed. From that point on, I was sold on KAATSU."

"Later, I started to use KAATSU with my high school swimmers and they dropped unbelievable times."
"KAATSU is totally unheard of in Europe and America, but it is a proven Japanese strength-building modality that is safe.

It offers the most effective form of rehabilitation that I have ever seen in my career."

~ Chris Morgan

ROY BURCH
(Continued from page 25)

"Now I knew what the Japanese and Chinese had and what was missing here in the U.S."

Morgan's observations were validated when he saw what the U.S. Olympic skiers and jumpers were doing with KAATSU under the guidance of Dr. Jim Stray-Gundersen in Park City, Utah.

The skiers had their fair share of horrific injuries and had similarly rehabilitated quickly from injuries ranging from broken bones to torn muscles.

"KAATSU is totally unheard of in Europe and America, but it is a proven Japanese strength-building modality that is safe. It offers the most effective form of rehabilitation that I have ever seen in my career that has taken me from Stanford to 14 years in Europe," Morgan explained.

With the sponsorship help of FINIS, Morgan brought Burch a KAATSU Master, the highest end KAATSU device used by professional sports teams, and a
set of high-tech KAATSU Air Bands. Morgan visited Burch’s home in Charlotte, North Carolina and they went right to work.

Morgan taught Burch the standard KAATSU protocols that Morgan had learned from one of the premier Japanese KAATSU Specialists.

"Shimizu-san came from Tokyo while I was at Harvard and really taught me the detailed principles and protocols of KAATSU that were invented by Dr. Yoshiaki Sato in Tokyo in 1966.

"His training was just like the movie Karate Kid... ‘wax on, wax off.’"

"Over and over again, Shimizu-san showed me all the nuances and fine details of how to rehabilitate athletes quickly with KAATSU."

Morgan shared these protocols with Burch including KAATSU 3-point exercises and principles such as ‘going to failure’, capillary refill time, and setting the base and optimal pressures.

Burch soaked up the KAATSU know-how like a sponge. "I felt the impact of KAATSU immediately," recalled Burch.

"All the power that I had lost felt like it was coming back when I did KAATSU."

Burch was as diligent in his KAATSU rehabilitation as he had been with his pre-Olympic training.

Within days, his girth started to come back on his legs as he keeps diligent notes on his training and rehabilitation.

"I felt sensations in my legs right from the beginning. I gained noticeable muscle growth on my legs within a week. Within a month, I was nearly back to where I was before. I have never seen anything like this."

"Roy still has a ways to go," admitted Morgan. "But it has been 4 weeks since Roy started dry-land KAATSU. We will soon start to incorporate KAATSU Aqua into his overall KAATSU rehabilitation and he can do KAATSU in the water, building the precise muscles that he needs to explode off the blocks, in the water, and off the walls. Once he is back, Roy will then start doing KAATSU Training as opposed to doing KAATSU as therapy."

Morgan believes that Burch will not only fully recover, but he will become stronger and faster than ever before. His Olympic dream was not over; it is still on.

So despite Burch’s jumping squat that snapped his ligaments, his fall ultimately has led to a dramatic rise.