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P R E S S R E L E A S E

RCM TECHNOLOGIES, INC. RANKED AMONG TOP 100 IT HEALTHCARE COMPANIES

June 14, 2004 -- RCM Technologies, Inc. (NNM: RCMT) today announced that Healthcare Informatics magazine has published its 11th Annual Healthcare Informatics 100 and ranks RCM among its top companies by healthcare information technology revenue. This elite group includes all types of healthcare product and service providers, including IT consulting, electronic medical records, outsourcing, practice management, and more.

RCM is ranked #83 and appears on the list for the first time. Healthcare IT revenues for RCM have continued to grow steadily over the years with a significant portion generated by various major clients within the pharmaceutical and medical device manufacturing sectors. RCM's areas of expertise include quality assurance, Part 11, validation and qualification, and enterprise application software implementation. RCM plays a leadership role in the convergence of skills in the BioEconomy, integrating in-depth expertise in IT, Engineering and Validation to serve the changing needs of regulated industries.

Healthcare Informatics, a division of The McGraw-Hill Companies, is a monthly business magazine that provides timely, high-quality intelligence about information technology for the executives and managers on the IT decision-making team in healthcare facilities and organizations of every type.

Other major corporations included on this year's list were GE Healthcare, EDS, WebMD, Computer Sciences, Perot Systems and Peoplesoft.

Leon Kopyt, Chairman and CEO of RCM, commented: "We are pleased to be a part of this list of prominent healthcare product and service companies. The growth of RCM's Life Sciences practice has been fueled by increasing regulatory pressures on pharmaceutical companies and medical device manufacturers. Companies are realizing the necessity for integrated IT, Engineering and Validation skills, and we have combined our comprehensive expertise in each of these areas into service offerings that provide full life cycle support to regulated industries."

RCM also has a Health Care Services division which specializes in providing health care professionals to schools, hospitals and long term care facilities. Revenues from this division were not included in the IT healthcare ranking. This unit, based in New York City, has recently expanded its operations to Pennsylvania and Maryland.

About RCM

RCM Technologies, Inc. is a premier provider of business and technology solutions designed to enhance and maximize the operational performance of its customers through the adaptation and deployment of advanced *information technology and engineering services*. RCM is an innovative leader in the design, development and delivery of these solutions to commercial and government sectors for more than 30 years. RCM's offices are located in major metropolitan centers throughout North America. Additional information can be found at www.rcmt.com.

The Statements contained in this release that are not purely historical are forward-looking statements within the Private Securities Litigation Reform Act of 1995 and are subject to various risks, uncertainties and other factors that could cause the Company's actual results, performance or achievements to differ materially from those expressed or implied by such forward-looking statements. Forward looking statements include, but are not limited to, those relating to demand for the Company's services, expected demand for our services and expectations regarding our revenues, the Company's ability to continue to utilize goodwill, to continue to increase gross margins, to achieve and manage growth, to develop and market new applications and services, risks relating to the acquisition and integration of acquired businesses, demand for new services and applications, timing of demand for services, industry strength and competition and general economic factors. Investors are directed to consider such risks, uncertainties and other factors described in documents filed by the Company with the Securities and Exchange Commission.

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