



**A System that Helps
Reconnect – Reset – Restore**

RNR™ therapy



Created and Developed by:

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RNR™ therapy Mission



To bring about a sense of balance and well being to both the client and the therapist during and after every session.

RNR™ therapy =
Reconnect – Reset – Restore

Male: 50+ Years with Chronic Varicosities:

Note: Dates & Times

1st Row: 03/10 = Minute + Second

2nd Row: 03/11 = Minute + Second + 100th of a Second



03/10/2018 @ 12:29PM



03/10/2018 @ 12:35PM



03/10/2018 @ 12:45PM



03/11/2018 @ 3:26:41PM



03/11/2018 @ 3:26:52PM



03/11/2018 @ 3:27:06PM

RNR™ therapy designed to



RECONNECT – RESET – RESTORE

RNR™ therapy is a series of deliberate **manipulations** and **patterns**.

Allowing the **body** & the **brain** to work together & return to the “original” **homeostasis** state of well-being.

The RNR™ delivery system **communicates** through the **neurotendinous organs**.

This **reconnect** allows a **reset** to **restore** the entire **body** creating more **possibilities**.



Before

08/10/2017



After



1st Session: 08/10/2017

Note: Before & After

- *height
- *head
- *feet
- *hips
- *arms
- *elbows
- *legs
- *shoulders

Client Noted: Increased well-being, reduced pain, increased balance & standing taller

DEFINITION



RNR™ therapy connects the relationship of neurotendinous organs *surrounding* all fascia, muscles & nerves.

When a person experiences pain, the pain signal may cause splinting, which is contraction of one group of muscles around another to immobilize them.

Splinting is a wonderful mechanism; however, when this signal does not “**turn off**”, the healing process may be hindered.

This is called the “**pain-spasm-pain**” cycle; thus, creating a negative feedback loop. **RNR™ therapy** is *designed* to help the body remember to “**turn off**” this signal, so healing may be facilitated at a faster rate.

Sprained Ankle (3 weeks before):

Client Noted: Able to walk out with perfect gait, no pain & reduced swelling



**Before: 08/14/2014
@ 8:03:55PM**



**Note:
Time, Swelling
& Coloration**



**After: 08/14/2014
@ 8:26:56PM**

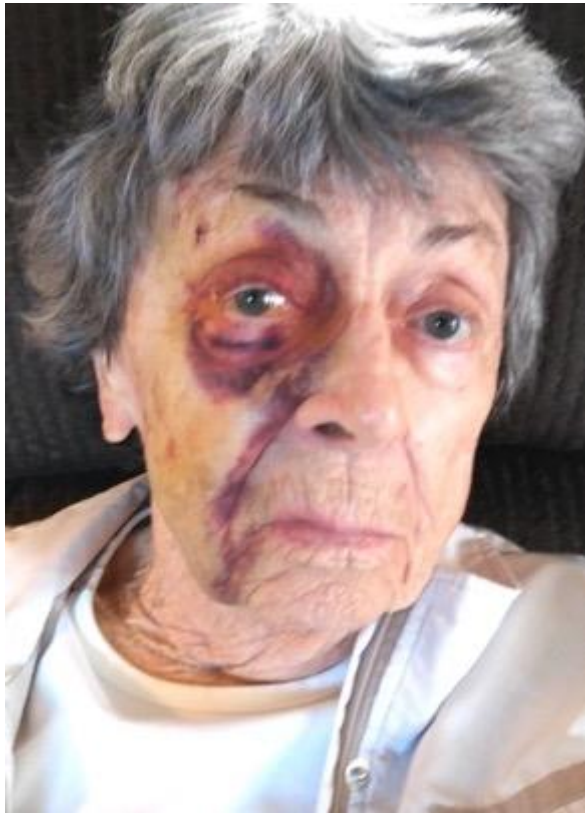
RNR™ therapy



6 Benefits:

- 😊 RNR™ therapy is duplicatable
- 😊 Clients wear comfortable clothes
- 😊 Decreases pain levels
- 😊 Shortens recovery time
- 😊 Has potentially long-lasting results
- 😊 Creates an overall sense of well-being

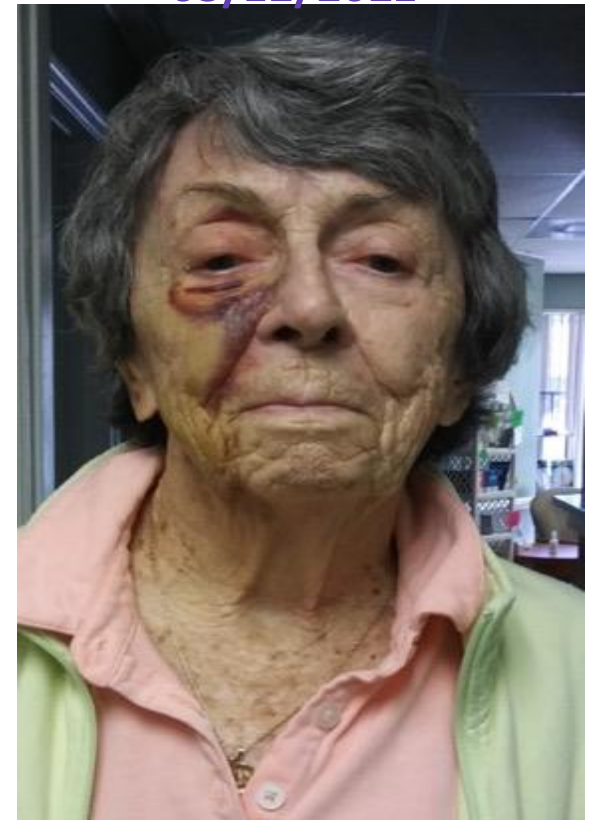
03/07/2021



03/09/2021



03/12/2021



90-Years Young on 03/02/21: Her walker caught on uneven sidewalk & over she went.

03/07/21: 1st RNR™ therapy treatment

Note: 1st picture taken after the session

Slide 1 of 2



03/15/2021



Continued:
5 total sessions over
16 days

Note: All pictures
taken by another
Certified RNR™
Practitioner

Slide 2 of 2

03/23/2021



RNR™ therapy is duplicatable!
RNR™ therapy = Reconnect – Reset – Restore



RNR™ therapy



5 more Benefits:

- 😊 Is adaptable for all ages
- 😊 Can be very relaxing
- 😊 Many notice a difference after first session
- 😊 Increases athletic potential
- 😊 Is a unique neuromuscular & connective system combining tissue technique

Diabetic ulcer lower leg: 06/12/2015



@ 8:38:08PM



@ 8:38:45PM



@ 8:38:55PM

Note: Time, Decreased swelling & Rapid tissue recovery
Client Noted: increased mobility, reduced swelling & pain



RNR™ therapy
Safe for most conditions
Including, but not limited



to:

- ▶ADD ▶ADHD ▶Arthritis ▶Asthma ▶Athletes
- ▶Autism Spectrum Disorder [ASD] ▶Bell's Palsy ▶Children
- ▶Infants ▶Injury Recovery [Acute & Chronic] ▶Nerve Damage
- ▶Scar Tissue ▶Sciatica ▶Scolosis ▶Seniors ▶Sinus Congestion
- ▶Sprains & Strains ▶Stress Management ▶Stroke
- ▶Surgery [Pre & Post] ▶TMJD ▶Wheelchair Bound

Note:

Client has had Scoliosis since childhood & it has gradually worsened

Client Noted:

After each treatment, always very tired & sore, then had increased energy & can walk longer distances easily



Before 10/18/2013 After



Note:

Before & After

- *height
- *head
- *arms
- *hips
- *legs
- *feet
- *elbows
- *shoulders

Slide 1 of 3

Continued: Due to lack of time, treatments given further apart
Client Noted: Improvements continue



Before
10/30/2013

After



Before
12/06/2013

After



Before
06/12/2014

After

Note: Before & After

*height *head *shoulders *arms *elbows *hips *legs *feet

Continued: Each month major complaints diminished: **Client Noted:** Walking farther without extreme pain, increased stamina & endurance, easier to move & stretch, able to reach higher & lower, able to sit longer in car, sense of hope & well being



Before 10/18/2013 After

Note:Year,
Before & After

- *height
- *arms
- *hips
- *feet
- *shoulders
- *head
- *elbows
- *leg

Slide 3 of 3



Before 06/12/2014 After

Page 26 SOFT-TISSUE MANIPULATION

Illustration of Muscle spindle, Golgi tendon organ, & nerve supply to & from these reporting stations.

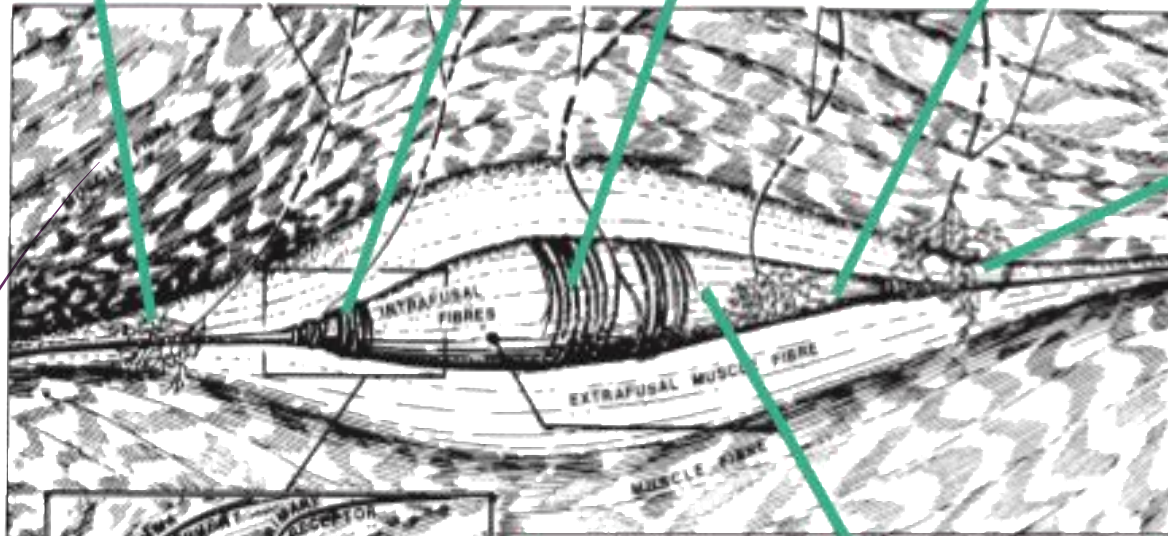
RNR therapy

Reporting Station:
Golgi Tendon Body
Detects load/overload
(fail safe/cut out).
Measures stretch in
series rather than
parallel, therefore
reflects tension.

Conveys Information to Muscle from CNS: Gamma
Efferent Supplies
muscle components at periphery of
spindle.

Reporting Station:
Annulospiral Fibres
Detect small
changes in length:
monosynaptic
connection: rapid,
sometimes excessive
discharge.

Reporting Station:
Flower Spray Fibre
Compensates for
overreaction at
primary receptor.
Also relates to
conscious activity.

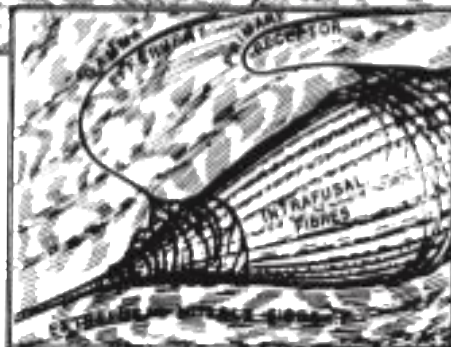


Conveys Information to Muscle from CNS: Alpha
Efferent.

CREDIT LINE:

Soft-Tissue
Manipulation by
Leon Chaitow,
N.D., D.O.,
published by
Healing Arts
Press, an imprint
of Inner Traditions
International,
One Park St,
Rochester, VT
05767.

Copyright 1980,
1987, 1988
by Leon Chaitow.



Muscle Spindle: Action of Gamma
Efferents produces contraction of
intrafusal muscle fibres which increase
discharge rate & results in (extrafusal)
muscle contraction. Ten to twelve
intrafusal fibres lie parallel to muscles
fibres. This is sensory organ responding to
lengthening & shortening.

Sprained left ankle: 01/2018

1st RNR™ therapy “targeted” treatment: 02/01/2018

Slide 1 of 4

Note: Initial photos began treatment in next slide. Compare times

Client Noted: Not able to walk for several weeks, in extreme pain, no weight on foot & using only boot & crutches



@ 11:13:21AM



@ 11:14:31AM



@ 11:15:12AM



@ 11:15:48AM



Continued: Sprained left ankle: 01/2018

1st RNR™ therapy “targeted” treatment began @ 11:20AM



@ 11:22:27AM



@ 11:30:27AM

Slide 2 of 4



@ 11:35:47AM



@ 11:39:08AM

Client Noted:

**Able to stand
& walk with
full body
weight, no
pain, no
crutches & no
boot**

Continued: Sprained left ankle: Next day:
02/02/2018: 2nd RNR™ therapy “targeted”
treatment



Note: Photos
taken before
session

Client Noted:
No pain
walking with
full body
weight & not
using crutches
or boot



@ 10:58:04AM



@ 10:58:20AM



@ 10:58:39AM



@ 10:58:58AM

Slide 3 of 4

Continued: Sprained left ankle: 02/06/2018
3rd RNR™ therapy “full body” treatment



Client Noted: Was doing so well decided to have a full body session, continuing to walk with no pain, can put full body weight on foot & much happier that can be moving & wear a normal shoe



@ 1:55:41PM



@ 1:56:57PM



@ 3:15:02PM

Slide
4 of 4

Experience RNR™ therapy



- 😊 Routines are **Easy, Efficient & Effective**
- 😊 Treatments May Be **Targeted or Full Body**
- 😊 **Decreases Therapist's Potential Injuries**
- 😊 **Increases Career Longevity**

Motorcycle wreck: 04/27/2010
1st RNR™ therapy treatment during 8-day
course 08/02/2014



Client Noted:

- * Rod in femur
- * 10" plate in fibula
- * pins in malleolus of tibia
- * foot damaged
- * lower leg became necrotic
- * then staph infection
- * 3 different areas had skin
graphs & scarring
- * skin "stuck to bone"

Slide 1 of 5



08/02/2014

**Continued: Motorcycle wreck:
04/27/2010**

During 8-day course: 08/06/2014

Note: Date & Times

**Client Noted: Increase in skin suppleness,
increase ROM of leg & foot & decrease in
stiffness**



Slide 2 of 5



08/06/2014 @ 5:10:12PM



08/06/2014 @ 5:22:02

Continued:
Motorcycle wreck:
04/27/2010

Last day of 8-day
course
08/09/2014

Note:
Times

Client Noted:
Leg & foot
continue
to improve &
scar not as dense

Slide 3 of 5



08/09/2014
@ 1:22:58PM

08/09/2014
@ 7:30:18PM

08/09/2014
@ 7:30:51PM



Slide 4 of 5



06/27/2015 @ 3:58:34PM



06/27/2015 @ 4:01:48PM

Continued: Motorcycle wreck: 04/27/2010:

9 months after 8-day course

Note: Date, Times & Pictures in prone Position

Client Noted: Leg continues to heal & increase in ROM



08/02/2014



08/22/2021



**Continued: Motorcycle wreck:
04/27/2010**

Comparison Photos:

Note: 2014 & 2021

*Scar lower leg [7 years later
after 8-day course]*

**Client Noted: Leg/foot continue
to 👍 mobility & 👎 pain**

Slide 5 of 5

RNR™ therapy is compatible & works well with other therapies:



- ✓ Bodyworkers
- ✓ Athletic Trainers
- ✓ Dentists
- ✓ Pain Specialists
- ✓ Orthopedics
- ✓ Mental Health Counselors
- ✓ Acupuncturists
- ✓ Chiropractors
- ✓ Occupational Therapists
- ✓ Physical Therapists
- ✓ Surgeons

Sprained ankle 07/04/2016: **Note:**

* came in on 07/25/2016 *on crutches

* cannot put any pressure on foot no shoe

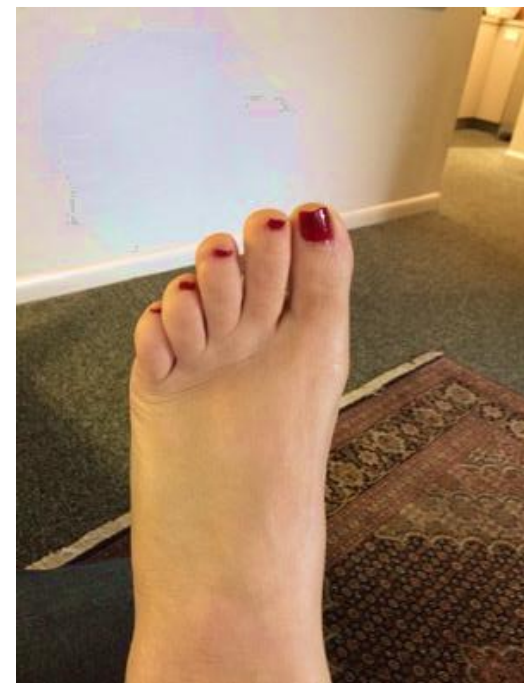
Client Noted: Walks out no pain, no crutches,
decreased swelling, can see separation in toes &
feels very happy



@ 5:59:28PM



@ 6:01:35PM



@ 6:33:28PM

Ask About

- ✓ Advertising after taking a course
- ✓ Certifications available
- ✓ Teaching opportunities
- ✓ Courses offered
- ✓ Creating courses just for you



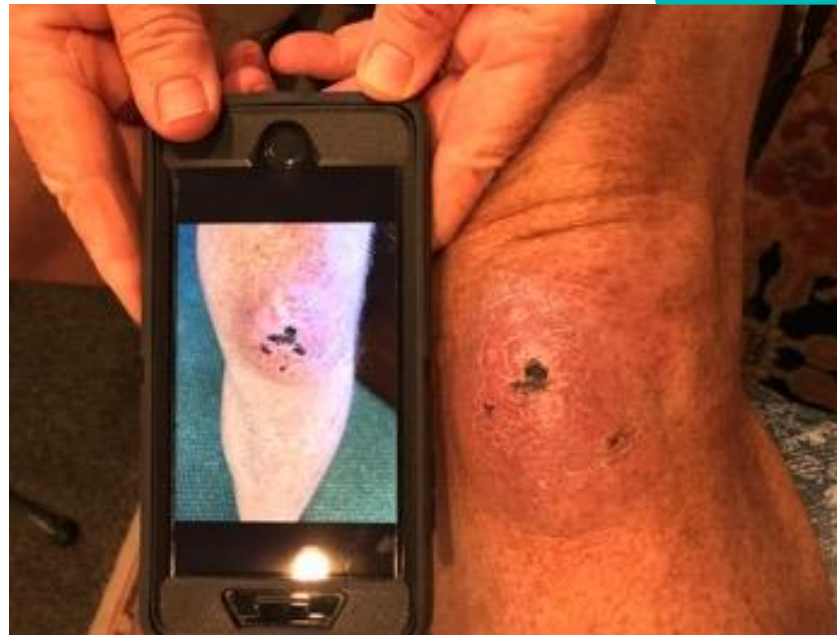
Sprained ankle & huge hematoma on knee: 06/13/2018
Client Noted: Tripped over a dog on porch & landed on knee. Has sprained ankle, knee had been healing for over a month before 07/13/2018 photo with ankle still sore & swollen



Slide 1 of 3



07/13/2018 @ 9:58:23AM



07/16/018 @ 4:24:44PM

**Continued: Sprained ankle & huge hematoma on
knee: 06/13/2018 After 1st session**
Client Noted: Ankle had no pain & able to walk easier



07/16/2018 @ 3:47:01PM



07/18/2018 @ 1:18:12PM



Slide 2 of 3

**Continued:
Hematoma
on knee:
06/13/2018**

**Please Note:
Day & Times**

**+ minute
+ second
+ hundredth**



Slide 3 of 3



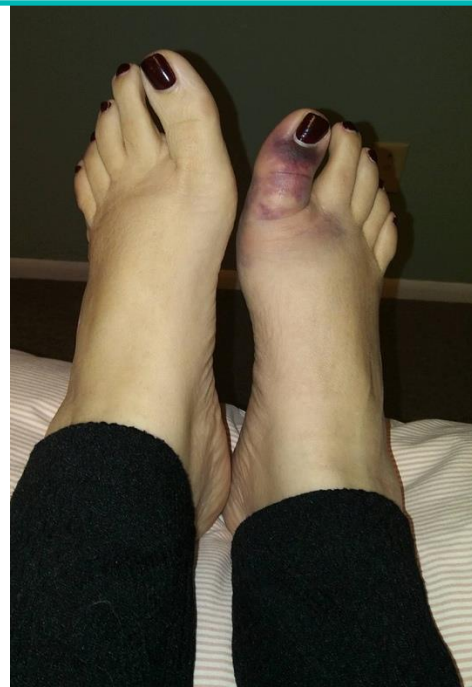
Person stubbed toe on 02/28/2022:

Next day went to Chamber meeting & saw a Certified RNR™ Practitioner who recommended a RNR™ therapy targeted treatment with a 10minute opening at 12:30pm. Client decided to come in.

Client Noted: Cannot walk on foot & extreme pain



Before



10min Later



Slide 1 of 2



Note: Photos by another Certified RNR™ Practitioner.

Continued: Stubbed toe 02/28/2022 **Note:** Certified RNR™ Practitioner gave 10minute targeted treatment & recommended an “ice bath” when home. **Client Noted:** After treatment Could put full pressure on foot, no pain & very happy



Next day at 8:30am client sent photos (less than 24hours later)

Slide 2 of 2



RNR™ therapy is duplicatable!

**RNR™ therapy
– Reconnect –
Reset – Restore**

**RNR™ therapy
treatments create
possibilities**



**It's time to
Reconnect! Reset! Restore!**

~~The End~~ Or Just The Beginning
Thank You for Your Time



Recognized by:

CE Broker: Provider #50-1184: In the Following States: FL, GA, SC & TN:
State of Florida Department of Health,
Division of Medical Quality Assurance



NCBTMB: Provider #024315-00: National Certification Board
for Therapeutic Massage & Bodywork

RNR™ therapy, BOC AP#: P2686: is approved by the Board of Certification, Inc. to provide continuing education, Category A hours/CEUs to Athletic Trainers (ATs). ATs should claim only those hours actually spent in the educational program.

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