



Power Point  
Presentation  
Note: Dates,  
Days  
Times

**Assists the body to faster healing!**  
**Reconnect | Reset | Restore**

# RNR™ therapy

## Created and Developed by:



Laurel J. Freeman, B.A., LMT  
Certified RNR™ Practitioner



Email: [info@RNRtherapy.net](mailto:info@RNRtherapy.net)  
Cell: 352.538.3400  
Website: [www.RNRtherapy.net](http://www.RNRtherapy.net)

MA7670/MM3449

# 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

**1<sup>st</sup> Row:** 03/10 = Minute + Second

**2<sup>nd</sup> Row:** 03/11 = Minute + Second + 100<sup>th</sup> 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**.





**1<sup>st</sup> 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**



**Before**

**08/10/2017**



**After**

## 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

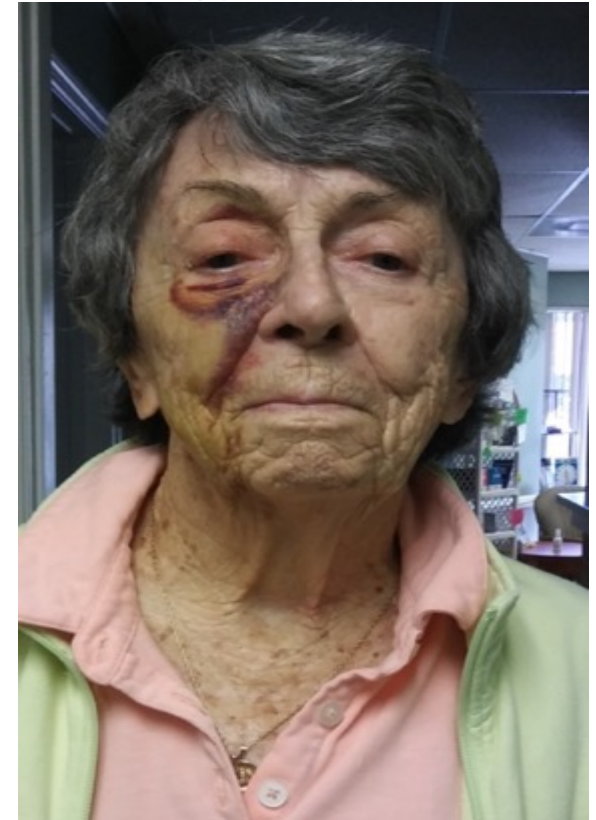
03/07/2021



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: 1<sup>st</sup> RNR™ therapy treatment

**Note:** 1<sup>st</sup> picture taken after the session

Slide 1 of 2



03/15/2021

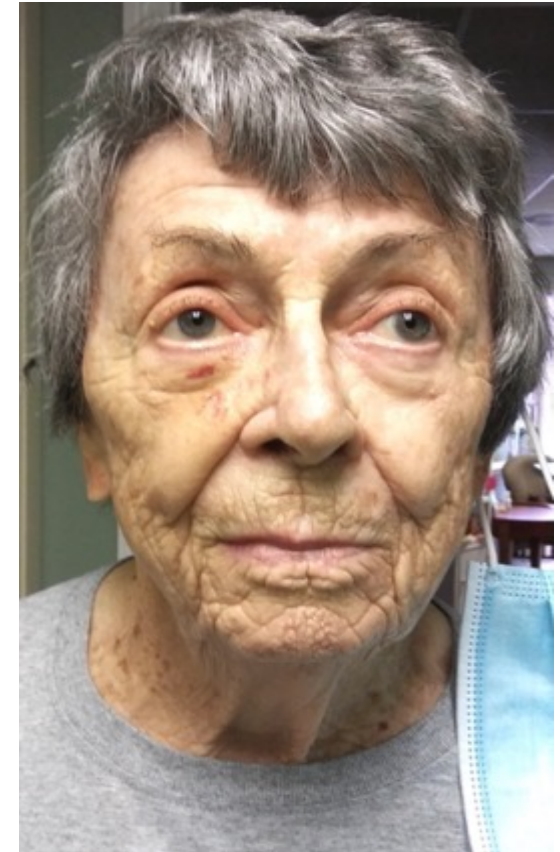


Continued:  
5 total sessions over 16  
days

**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

Has been shown to be highly effective & beneficial across all age groups Including: athletes, seniors, adults, teens, children, & infants - as well as for a wide range of medical conditions including but not limited to:



*Optimize healing, reduce pain, enhance movement, reduce restriction, restore function, supports to regulate the nervous system & emotional well-being, & improve outcomes:*

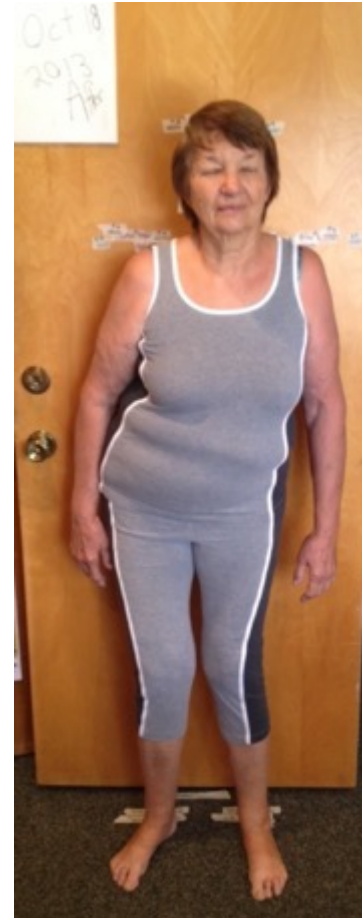
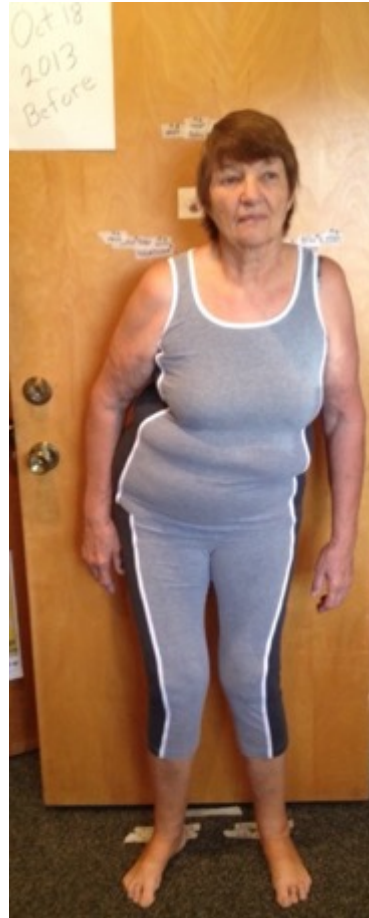
- ▷ pre/post events ▷ acute & chronic injury recovery ▷ mobility issues
- ▷ pre/post surgery ▷ stress management
  
- ▷ amputation ▷ arthritis ▷ asthma ▷ Bell's Palsy ▷ cancer issues
- ▷ nerve damage ▷ scar tissue ▷ sciatica ▷ scoliosis ▷ sinus congestion
- ▷ sprains ▷ strains ▷ TMJD
  
- ▷ ADD ▷ ADHD ▷ ASD ▷ OCD ▷ PTSD

## 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                  After  
10/18/2013



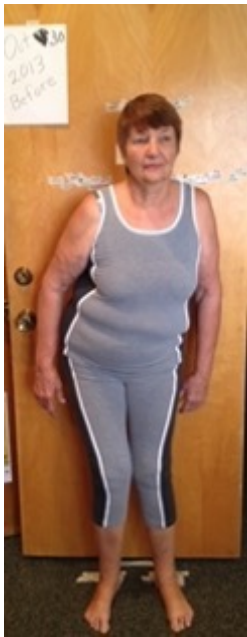
## Note:

Before & After

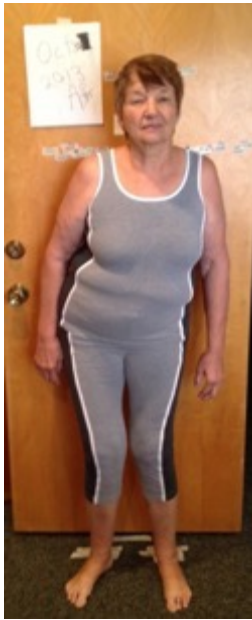
- \*height
- \*head
- \*arms
- \*hips
- \*legs
- \*feet
- \*elbows
- \*shoulders

Slide 1 of 3

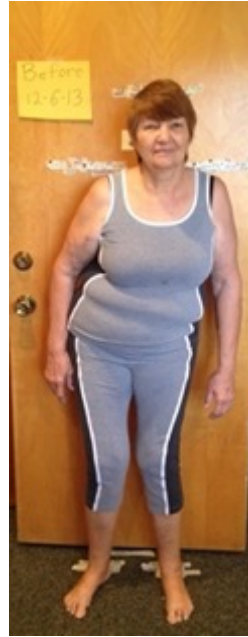
**Continued:** Due to lack of time, treatments given further apart  
**Client Noted:** Improvements continue



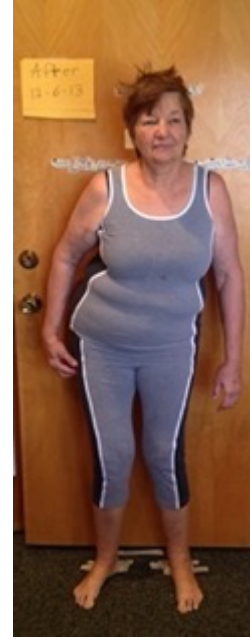
**Before**  
**10/30/2013**



**After**

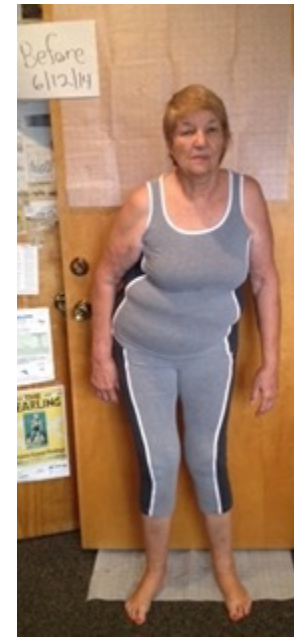


**Before**



**After**

**12/06/2013**



**Before**



**After**

**06/12/2014**

**Note:** Before & After

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

**Slide 2 of 3**

**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**

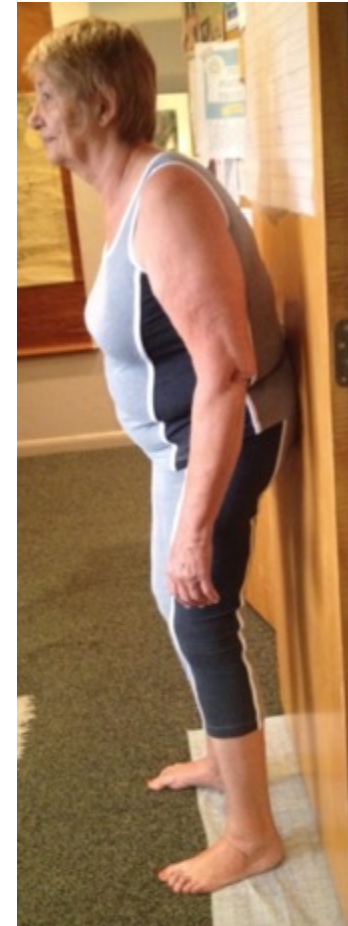


**After**

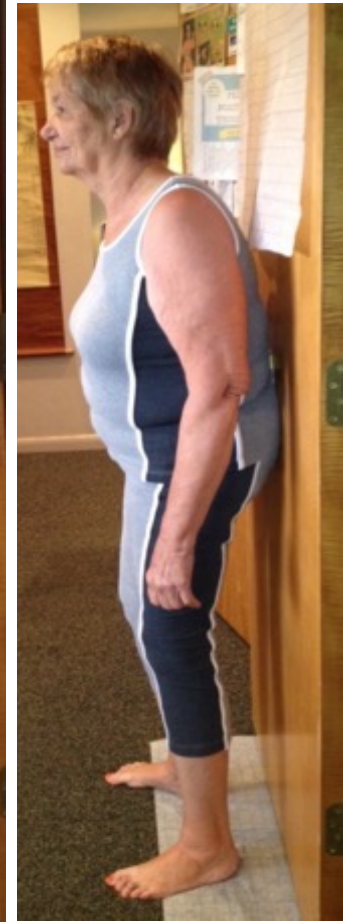
**Note: Year,  
Before & After**

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

**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

RECONNECTING  
NEUROMUSCULAR  
RESPONSES™

## 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:

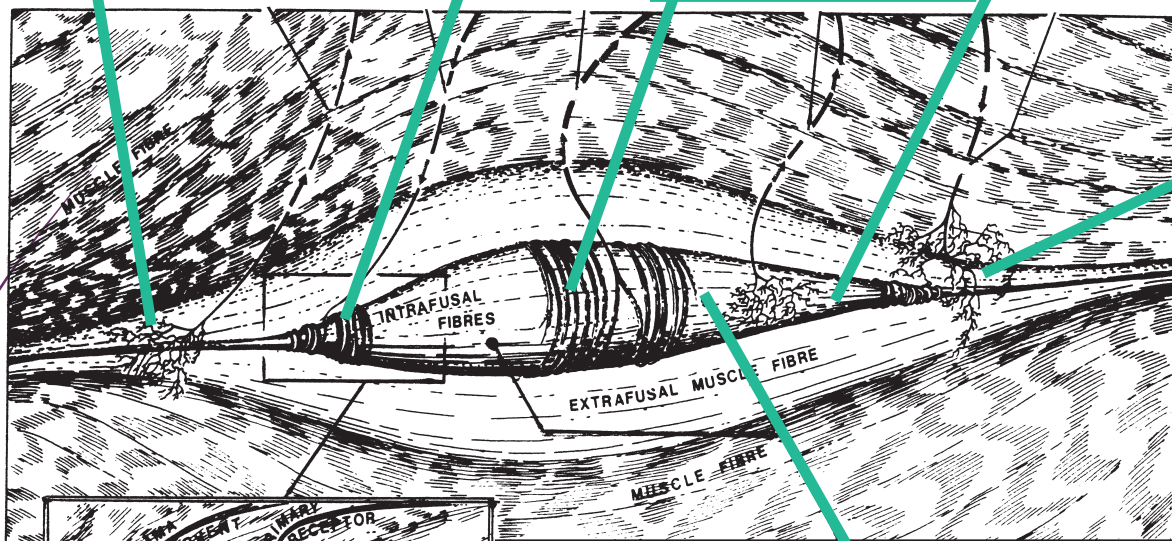
Gamma  
Efferent Supplies  
muscle components at periphery of  
spindle.

## 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.

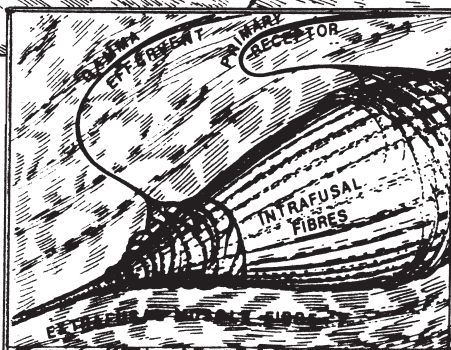


Conveys  
Information to  
Muscle from  
CNS: Alpha  
Efferent.

## 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

1<sup>st</sup> 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:**  
**2<sup>nd</sup> 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**  
**3<sup>rd</sup> 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  
1<sup>st</sup> 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 grafts & 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**



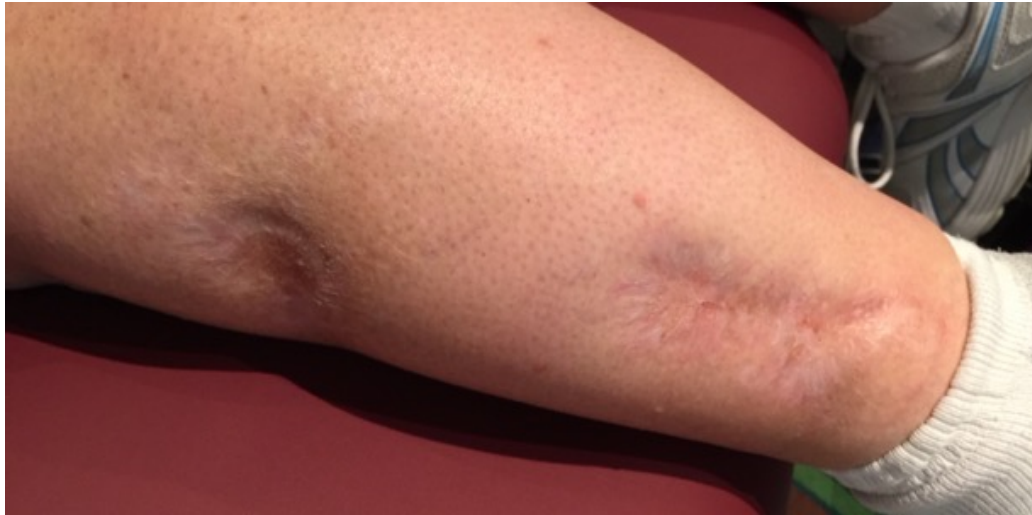
**08/09/2014**  
**@ 1:22:58PM**



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



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



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



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



Slide 4 of 5

Continued: Motorcycle  
wreck: 04/27/2010:  
9 months after 8-day  
course

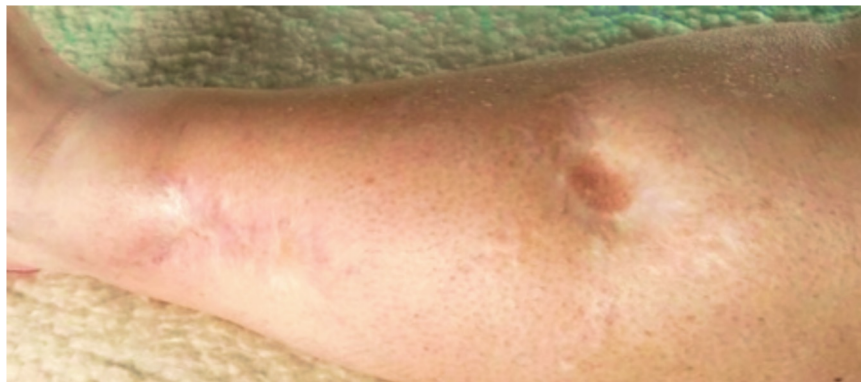
**Note:** Date, Times &  
Pictures in prone  
Position

**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

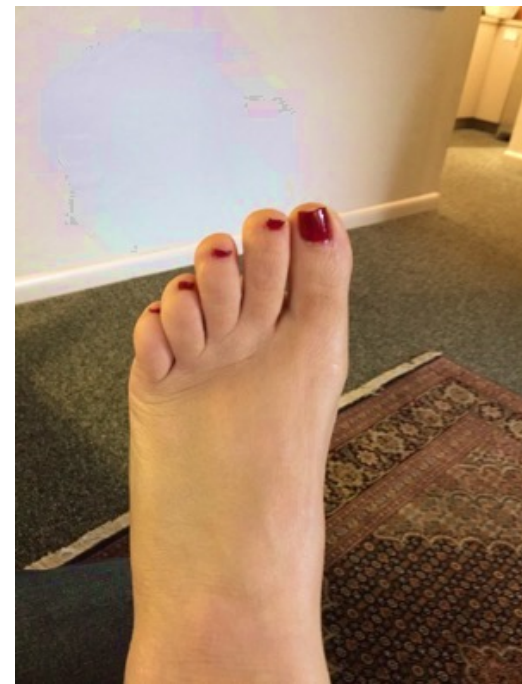
**Client Noted:** Walks out no pain, no crutches, decreased swelling, can see separation in toes & feels very happy



@ 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**

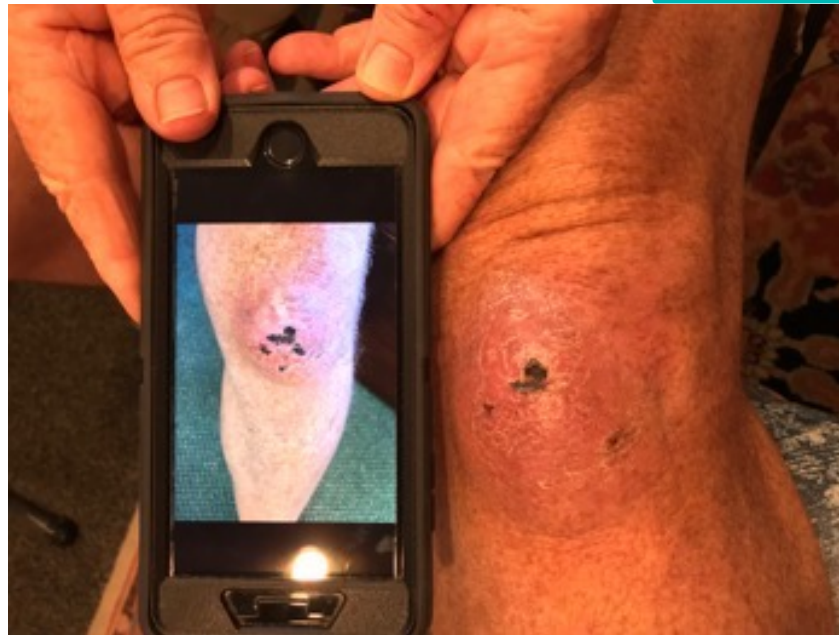
**Client Noted:** Tripped over a dog on porch & landed on knee.  
Has sprained ankle, knee had been healing for over a month before 07/13/2018 photo with ankle still sore & swollen



**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 1<sup>st</sup> 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 then 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.



# RNR™ therapy



## Created and Developed by:

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**Certified RNR™ Practitioner**

**Email: [info@RNRtherapy.net](mailto:info@RNRtherapy.net)**

**Cell: 352.538.3400**

**Website: [www.RNRtherapy.net](http://www.RNRtherapy.net)**



**MA7670/MM3449**