

RNR™ Development

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- In 1986, I went to the Florida School of Massage & graduated in 1987. Back then, opening an office took about 6 – 8 months. A person had to wait to take the test & then wait to receive the passing score.
- Like most therapists coming out of school, I realized there was so much more to learn.
- Since graduating, I have logged over 3,500+ hours above my initial courses, including a 250-Hour Sports Massage Course.
- Once I began my practice in 1987, I always did full body sessions, as I believed then & still believe now, that everything is connected to everything & we are a “whole-a-gram”.
- When each cell functions properly, the whole system is in balance.
- In 1989, I began going to massage conventions for both FSMTA & AMTA. To date, I have not missed one convention for either organization. I love seeing my long time friends & making new friends.
- Also in 1989, I did all the criteria to qualify for the National AMTA Sports Massage Team & became a member. This team is now in moratorium.
- For years, I played tennis; however, in 1989, I injured my wrist doing a massage stroke. Then while playing racquetball, I injured my knee.
- During my rehab, while riding a bicycle outside, I was going too fast around a corner & crashed. I broke my zygomatic arch & several ribs. The positive aspect was I did receive a one-sided face lift from “meeting the road”! Unfortunately, no helmets were required then!
- After that, my body was always hurting &/or feeling out of sorts while giving massage.
- It was ironic that I was in the business of making others feel great, while I felt so compromised.
- This was incongruent with my life style & wellness goals.
- I began searching for a more effective & efficient massage technique.
- I wanted to assist my clients in their wellbeing & at the same time feel good myself.
- I knew there was something out there that was therapeutic for both myself & my clients.
- In October of 1990, I had an opportunity to meet Russell Sturgess, from Australia, who taught a technique called, “*The Bowen System of Body Balancing*”.
- He shared that this technique worked with the Golgi Tendon Organs, which tell you where you are in time & space.
- In February of 1991, I took a 28 hour “*Bowen*” class, in West Palm Beach, FL.

- The class was all “spot work”, with lots of 2 – 5 minute wait times, before going to the next area.
- The “wait” times were challenging for both clients & me. I had a very busy practice, giving between 28 – 35 full body 1-hour massage sessions per week.
- And to top that off, I could never say “No”.
- Three very positive aspects about *Bowen*:
 - ◆ Clients kept his/her clothes on, which made it very convenient & safe for the elderly, people with extreme pain/discomfort & children.
 - ◆ There was no oil, so linen’s were easier to keep clean.
 - ◆ The “spot work” was effective.
- We learned that there were strict rules:
 - ◆ A therapist could not add any other techniques during the session.
 - ◆ After the session, the client could not have stimulants such as coffee, tea, or wine, take hot showers, exercise, or see a Chiropractor/PT, etc.
- Many of my clients did not like these strict rules, plus I was interested in smoother transitions & addressing the “whole-a-gram” concept.
- Because of these restrictions, I knew I needed to change things up in order to create balance for myself.
- Approximately 4 months into the process & because I believe everything is connected, I realized just how highly intelligent our bodies are.
- This innate intelligence needed to be completely utilized.
- So I started asking questions: What will happen if I moved to another part of the body instead of waiting the 2 – 5 minutes? Will the Golgi Tendon Organs in that section of the body still get the message? Will this theory make a difference in the healing process? There were lots of questions going through my mind.
- Once I made the decision to move to another area & eliminate the “wait times”, the work no longer resembled *Bowen*.
- Howard asked me, “Are you sure you want to totally change everything up?”
- I shared, that my goal was to feel as good as my clients after each massage and that I needed to create a “full body” session.
- I also shared that within 5 years people would be knocking down the door to get an appointment.

Contact:

Laurel J. Freeman, B.A., LMT
MA7660/MM3449

RNRMassageTherapy.com
laurelfreeman@mac.com

Leave a message anytime:

Office: 352.371.9689 • Cell: 352.538.3400

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- I kept charts & notes in order to track everything while eliminating all the “wait times” by moving to another body section.
- This created a dance around the client’s body, allowing me to move freely, increasing my wellbeing & at the same time the client benefitted by experiencing long-term positive results.
- As I dance from one place to another, I also move from one plane to another, changing the art of massage.
- Continuing this momentum, I began combining other concepts I had learned.
- This led to creating new strokes to enhance the Golgi Tendon Organ thought process.
- Fast forward to 2 months later, while receiving lots of feedback from my clients, these clients began having incredible results.
- At the time & to this day, I work with lots of extreme conditions &/or injuries, including when the Doctor says, “There is nothing more that can be medically done.”
- Massage therapy is sometimes a person’s last hope.
- As a profession, we give hope!
- In less than 1.5 years, my clients began signing up for the year. They did not want to miss their appointed time.
- All my clients loved giving feedback to the new strokes & technique being created.
- Most clients were coming once per month, with a few coming every week &/or every other week.
- My weeks were packed & new clients were challenged to get in for an appointment.
- One week back in 1992, several clients asked me who was giving me a session using this technique? I shared sadly, “No one.” Their response was, “You better not die & take this technique with you!”
- I was flattered that they felt “this technique was the best kept secret.”
- Since my background is teaching & I like to share, I decided to write a manual & teach this newly created technique to some massage friends.
- I needed a name, so I asked my clients. All my clients wanted me to call it the “Freeman” technique.
- I wanted a more comprehensive name so it would be more descriptive & inclusive.
- At that time, computers were coming into focus so when we actually thought about how the body was responding, we came up with the name **Reprogramming Neuromuscular Responses or RNR™**.

- All my clients loved the name. Plus, they loved the “**R and R**” word play.
- An added bonus was when therapists taking the class wanted to make a change, it would be easy to add in the information, keeping the name the same.
- Especially, when a therapist found an easier way to do one of the strokes, we would just add that version into the main manual, giving the manual lots of flexibility.
- The first **RNR™** manual took me a year to write.
- Then I taught **RNR™** to 2 LMT friends.
- The directions of the arrows needed clarity, so back to the computer I went.
- This **RNR™** manual took another year of tweaking. At that point, I decided to begin counting the number of changes.
 - ◆ Changes were about wording, language usage &/ or additional information needed for each segment taught, not just typographical errors.
- There are over 213 versions of updated manuals. That is because **RNR™** is a living document, as are our bodies, we are meant to change, move & grow through the years.
- By 1994, all 25 **RNR™** courses were accepted as CE with the State of FL, NCBTMB & BOC.
- In 1998, computers were in & every one understood how to use them.
- By then, the realization that we are always connected was apparent; we just sometimes forget & need to “reconnect” instead of “reprogram”.
- At this point, I changed the name to reflect what was actually happening.
- And that is how **RNR™ or Reconnecting Neuromuscular Responses™** came to be.
- **RNR™** offers a myriad of courses.
- **RNR™** offers:
 - ◆ the therapist an effective & efficient technique, that may be practiced for a lifetime & increase well-being;
 - ◆ at the same time creating dramatic & impressive results for the well-being of the client.

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