



Welcome To Release + Restore Neuromuscular Therapy

Thank you for choosing me to be your therapist! I take my commitment to my clients very seriously. Once upon a time I was in your shoes, experiencing pain, not sure where to turn and worried about the future. I remember how helpless I felt some days, and how all I wanted were answers about why this was happening. I got help when I needed it most and I gladly pass the gifts I've gotten to everyone who comes through my door.

You may have tried many other therapies, approaches, and methods without lasting relief - or this might be your first time getting help for a particular problem. Whatever the case may be I promise to provide my best efforts in getting you back on track.

I commit to making the time to properly analyze and assess your situation where others may not have not been able to. Many healthcare providers are bound by quotas or short assessment times. I am not.

I commit to doing the necessary research to provide dynamic care that can change based on new information. I may not always know what is going with your body at the onset, but I commit to doing my homework to find out. Without understanding what is going on we cannot hope to create much change.

I commit to educating my clients about their bodies so they can make the best choices to prevent and relieve their pain. Without aftercare your problems are likely to return. I commit to supporting you in making easy changes that can keep you out of trouble.

I commit to showing my clients simple self care methods to maintain the gains they make in therapy. I commit to providing practical postural and movement advice that can make regular activities not only less injurious but also healthy. Life is going to happen, and it should! I'll show you ways to make it go smoother.

I commit to providing a kind, empathetic, and judgement free environment in which healing can take place. Hippocrates said "Healing is a matter of time, but sometimes also a matter of opportunity." Your time in therapy is sacred chance to break the cycle you are in. I commit to honoring that time.

I commit to my best efforts knowing that success is the steady achievement of worthwhile goals. Your improvement is so worthwhile. We only live once, we deserve to feel our best.

I commit to finding solutions. I commit to working with your other healthcare professionals. I commit to do no harm. I am committed to your success.

Rudy Riveron NMT, CMT, CPT

Myofascial Pain Specialist
Personal Trainer
Health Educator