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ENFIELD—Richard N. Hall, from Longmeadow, MA was recently awarded the official status of Certified Neural Reset Therapy® (NRT), now one of only two therapists in New England who have achieved this level of certification for CT and MA.

Lawrence Woods, owner of NRT Trainings, LLC in Indianapolis, IN, said, “Rick has successfully completed all of the training and passed the comprehensive written and practical certification exams at the Masters Status level.”

Hall said Neural Reset Therapy® is an easy approach to easing or eliminating muscular pain and tension. “No stretching is applied and clients feel the reset of muscle within seconds to minutes,” he added.

NRT works well with all individuals who are experiencing muscle pain and stiffness—from athletes, weekend warriors, construction workers, medical and office professionals, trade professionals, to parents, retired individuals, and travelers.

“Almost any individual who is experiencing muscular discomfort in the upper and lower body, including plantar fasciitis, will benefit from Neural Reset Therapy®”, said Hall.

Michael Myers, owner of the Enfield Tennis Club, said he has referred many of his clients to Ideal Flexibility. “I have personally felt the results of Neural Reset Therapy® and my clients have noted how the therapy has helped to improve their pain and flexibility, which results in a better game of tennis” said Myers.

Senior PGA pro-golf professional and head golf professional at Edgewood Golf Club in Southwick, MA, Bob Mucha said, “NRT helped to improve my lower back pain, and gain flexibility and strength, improving my range of motion and helping to make my golf game more enjoyable.”

Hall, working in CT and MA since 2000, is also licensed in both states as Board Certified Therapeutic Massage and Bodywork Therapist and is a professional member of AMTA. In addition, he is a Certified Natural Flexibility Trainer who studied under Orthopedic Physician Charles Kenny, MD, from Berkshire County, MA.

To learn more about Ideal Flexibility, visit the website at www.idealflexibility@gmail.com and subscribe to YouTube at www.youtube.com/c/idealflexibility. To connect with Rick for a consultation or to set an appointment, email idealflexibility@gmail.com or call 860-559-8155.

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