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Dr. Rieder received his medical degree from the Ludwig-Maximilians-University Medical School in Munich, Germany. He underwent training in Internal Medicine/Gastroenterology at the Klinik und Poliklinik für Innere Medizin I, Universitätsklinikum Regensburg, Germany and a residency in Internal Medicine and fellowship in Gastroenterology, Hepatology and Nutrition at the Cleveland Clinic in Cleveland, Ohio. Dr. Rieder has performed research fellowships at Harvard Medical School and the Cleveland Clinic.

He is Co-section Head for Inflammatory Bowel Diseases (IBD), Director of IBD Research and Director of the Advanced IBD Fellowship at the Department of Gastroenterology, Hepatology and Nutrition at the Cleveland Clinic, Cleveland. His clinical and research focus are patients with IBD with a special emphasis on the field of pathogenesis, prediction and therapy of intestinal stricture formation.

Dr. Rieder has published more than 120 articles and book chapters and has been recognized for his expertise as indicated through invitations to the steering committee of the 2nd European Crohn's and Colitis Organisation (ECCO) scientific workshop on intestinal healing, full member of the consensus panel of the ECCO guidelines on Crohn's disease, lead author of the ECCO guidelines on ulcerative colitis and lead author of the first ECCO clinical consensus on 'Diagnosis and Management of Intestinal Fibrosis'. Dr. Rieder was an associate editor (Clinical and Translational Gastroenterology) and serves on the editorial boards of several medical journals (Journal of Crohn's and Colitis, Inflammatory Bowel Diseases, JCI Insight, American Journal of Physiology—Gastrointestinal and Liver Physiology). He served as the chair of Y-ECCO, member of the ECCO operational board and prior Y-ECCO and scientific committee member. He is past chair of REACH-IBD and is co-chairing the Professional Education Committee of the Crohn's and Colitis Foundation. Dr. Rieder is directing an NIH funded research program and is the lead-PI on the international Stenosis Therapy and Anti-Fibrotic Research (STAR) Consortium with the goal to build a pathway to test anti-fibrotic medications in stricturing Crohn's disease.

In 2019, Dr. Rieder received the Sherman Emerging Leader Prize for Excellence in Crohn's and Colitis.