

# THE INTEGRATOR

HRUSKA CLINIC  
Restorative Physical Therapy Services

**Recent Google Review:**

"If you have worked with a PT and still haven't resolved your issues, this is the place to go! I feel like I've been given back my life of activity again. You really need to check the Hruska Clinic out! "  
--L.C.

## INTEGRATION SPOTLIGHT:



**Dr. Paul Coffin**

At the Hruska Clinic we strongly believe in addressing the cause for the issues people have, not just covering up their symptoms. Due to this belief we strive to work closely with professionals in other disciplines so we can fully address those causes. Without this integration, our patient's outcomes become limited. His openness to integrate with us has allowed us to have conversations in regard to the patterns and positions we see in the human body and how his orthotics can help us treat our patients.

Dr. Paul Coffin is a podiatrist from Sioux City, IA who has been coming to the Hruska Clinic to treat patients with us for over 15 years and still comes to our office once a month to see patients.

Dr. Coffin is an expert in biomechanics of the foot, and more specifically how the biomechanics of the foot has a direct impact on the mechanics of the knee, hip, pelvis, and spine (which ends at your head). His unique methodology allows him address and improve the alignment and mechanics throughout the body with custom orthotics. He utilizes non-compressible materials that still allow the foot to twist normally during gait while still holding the foot in an optimal position. We have utilized Dr Coffin's orthotics to help people with multiple issues throughout the body, not just people with foot problems.

If you have questions about orthotics, or Dr Coffin feel free to ask our staff. To learn more about Dr Coffin visit his website at [www.drpcoffin.com](http://www.drpcoffin.com).

We love the relationships we build with our patients. In order to improve that relationship we have decided to start sending out a monthly newsletter to help strengthen our ability to stay connected and further help you, our patients. Look for tips on activities to do in your daily life that compliment what you have learned at the clinic to stay healthy and pain-free, bios on staff, patient highlights, tips for shoes, and how we integrate with other professionals to maximize your outcome.

Follow us on Facebook, Instagram or YouTube to find more complimentary information throughout the month. A copy of this newsletter will also be available on our website.

[www.hruska-clinic.com/Integrator](http://www.hruska-clinic.com/Integrator)



**The Hruska Clinic will be CLOSED Thursday April 22nd and Friday April 23rd to attend an annual symposium that is spotlighting the treatment of Parkinson's related symptoms.**

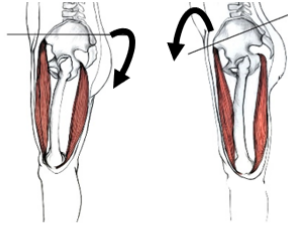
# ACTIVITY OF THE MONTH

At the Hruska Clinic we are known for giving our patients what most would consider "bizarre" activities as part of their treatment program. Whether its being placed in an awkward position or utilizing a straw or balloon as part of your program, there are reasons why these types of things are being performed. Let's breakdown why these "bizarre" activities truly do lead to relief by taking a look at one of our most used exercises, the 90-90 Hip Lift.

## 90-90 Hip Lift



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**HAMSTRINGS  
PULLING  
PELVIS BACK**

**FORWARD  
PELVIC TILT**

ADAPTED FROM: [WWW.SUPT.COM.AU](http://WWW.SUPT.COM.AU)

## Muscle(s) Recruited: Hamstrings & Abdominals

This activity positions your knees and hips to assist in pulling your pelvis back into alignment. This activates the hamstrings and with exhalation activates your abdominals thus drawing your rib cage down and optimizing the position of your diaphragm. This helps provide an understanding of what it feels like to actively control your ribcage and pelvis. The hamstrings are a crucial component in walking, when your heel strikes the ground your hamstrings are activated which stabilizes your hips and moves them backwards, this movement of the hips then propels you forward and leads to developing awareness and feedback from the ground.

# DOES IT MATTER WHERE I RUN?

One topic that often comes up in the clinic "Is the difference between running on a treadmill-vs-running on the ground". Beyond personal preference you may not think there is much difference between the two, however, they are significantly different activities.

One of the main differences between the two is when running on a treadmill the "ground" is moving below you, whereas, when running outside it is you that is moving on the ground. Why does this matter? When on the treadmill we are more inclined to engage our hip flexors to keep up with the moving belt. This in turn pulls our back into excessive lordosis (creating too much of a deep back). However, when we run on solid ground, we propel ourselves forward which activates our hip extensors, thus relaxing our hip flexors.

Another big factor is Optic Flow, which is the knowledge of things moving past us. When we propel ourselves forward on solid ground, we experience optic flow. When we have optic flow, our brains receive a signal to engage our hamstrings which also aids in forward propulsion. When running on a treadmill, we do not experience optic flow often due to distractions, i.e. watching a screen.

Variations in arm swing can occur as well. Often times treadmill runners vary normal arm swing because of the handles or side rails of the machine. When running outside, arm swing and trunk rotation are more naturally encouraged. These are critical components of running as they increase efficiency and help keep us balanced.

# SHOE OF THE MONTH ASICS NIMBUS 23



The Asics Nimbus 23 has been on our shoe list for a few years now and continues to be a staple with many of our patients. We love this shoe clinically to assist patients who have a rigid mid-foot or high arched feet. The design of this shoe has a small cut out (see below) to assist the mid-foot to re-pronate (roll in) during forward movement.



Patients with high arches struggle to get this re-pronation due to the rigidity of the mid-foot. Re-pronation during the gait cycle is important to get push from our glutes which assists with lateralization from right to left and left to right when we walk or run.

If you would like a copy of our shoe list, please visit our website

[www.hruska-clinic.com/shoe-list](http://www.hruska-clinic.com/shoe-list)