

THE INTEGRATOR



Lori Visits Concordia!



Lori recently visited Concordia University in Seward and had the privilege of speaking to over 55 athletes from the Cross-Country team. Lori provided them her top tips to help maximize their running potential. These tips included things such as not overstretching hamstrings (80-90 degrees is optimal), keeping chest walls expanded, facilitating glutes, rotating their trunks with left single leg activity, and breathing. It was great morning of collaboration and education.

If you have a group you'd like our Physical Therapists to talk to, please call the clinic and notify Paige or Stacy. The clinic enjoys providing community outreach and educating the public to empower them in their health.

THE HRUSKA CLINIC'S PRIME PROGRAM

Have you ever been in the clinic and heard that we have patients here from out of state (or even the country) visiting us for treatment? The Hruska Clinic regularly sees out of state and international patients through our multidisciplinary PRIME program. The PRIME program was established to assist with helping people who are not local integrate and coordinate care with multiple practitioners. These patients tend to be more complex cases or cases that do not seem to be responding to traditional or Postural Restoration therapy. In 2021 alone we have seen patients from 19 different states (not including Nebraska) and 3 different countries. This is especially amazing in 2021 considering the travel restrictions and hoops people have to follow to safely get to Nebraska.

Many of the people who come to work with us for the 3-4 day program were referred by a physical therapist, though some have found us through research or online consultations.

Prior to coming to Lincoln these patients have submitted paperwork and records that are reviewed by our team to ensure we can offer the help and guidance the need for the problems they have. We often see people with chronic pain issues, dysautonomia, other visual/postural issues, or other things that are not being resolved with traditional therapy. When in Lincoln these patients receive a thorough assessment from their case managing therapist (a Hruska Clinic therapist), followed by additional appointments with our team of integration specialists, including an Optometrist, Dentist and Podiatrist. Prior to departure the patient is instructed on use of "tools" they received throughout the week so that a successful program can be continued once they get home.

So keep an ear out next time you are in the clinic you just might meet someone from out of state who just needs a little Nebraska nice!

WILL EVERYTHING CHANGE AFTER CORONAVIRUS?

Current generations will remember 2020 as the year everything changed. People confined to their homes, working from home, remote school learning, hospitals overflowing, borders closed, social distancing, vaccines, and in general a world put on pause by the notions of a virus that exploded almost overnight. We are now having to rethink the entire situation because it's now a "variant virus" pandemic, constantly changing.

We face changes every day—whether it's a simple change in the weather, a schedule change, change of the seasons or a global pandemic. Change affects us all differently and we all deal with it differently. Remember, that changes are a normal part of life. It's amazing how we each have our own resiliency and ability to recover from change. Our ability to embrace change is an opportunity for continuous renewal and growth. It's not the circumstances or changes that dictate how our lives will go, but rather how we handle these changes and disruptions.

This does not mean society will have totally evolved or changed from the late 2019 period we remember. There will be some evolution that has taken place, perhaps promoting events of this strange period. But it won't be drastically different. Most things will go back to how they were. We will go back to washing our hands for a few seconds, not 30, spending time with family and friends, and going out to a restaurant or movie.

Hopefully there will be positive lessons that 2020 has taught us; lessons we'll never forget. We have become more aware of how important our health and well-being truly are and continue to be. Here at our office we have seen different types of patients that have been affected in many ways during these unprecedented times. The health struggles we have seen over the last year have reminded us all of the importance of keeping our bodies working the best they possibly can. Optimizing our biomechanics when we walk and move, maximizing the efficiency of how we breathe, improving how well we sleep at night, and even watching the positions we put our body in to sit on a couch or sit at a desk at work, are all important activities playing a role in our overall health and resiliency. Our ability to learn and grow in how we take care of our bodies should be the change and evolution we get from these COVID-times.

If you are still struggling with keeping your body working to the best of its ability the Hruska Clinic and our therapists are eager to help. Whether it be a consultation with you or a loved one, or friend you know, we're here to help even if it's just a tune-up of how to walk, move, or breathe!

RECIPE OF THE MONTH

Frequently when working with patients, I like to find things that I have in common with them. I tend to find many of my conversations turn to gardening and food. Several patients have shared their favorite recipes with me, and I with them. I've been asked to start sharing some of my favorites in our newsletter, and here is one that a patient shared with me several years ago:

LEMON AND ROSEMARY SHORTBREAD COOKIES

For the shortbread cookie:

3/4 Cup granulated sugar
2 tsp Rosemary (I use fresh, which I grow in my garden. You can find fresh in most grocery stores)
2 tsp Lemon zest (Again, I only use fresh)
1/2 tsp Baking powder
1/4 tsp Salt
1 tsp Vanilla
2 1/4 Cups all purpose flour

For the frosting:

2 Cups powdered sugar
1 tsp Lemon zest
1 Tbs Fresh lemon juice
2-3 Tbs Water

Directions: Preheat oven to 400°. Beat the butter in a mixing bowl until light and fluffy, then add sugar, rosemary, lemon zest, baking powder, and salt. Be sure to mix well; I like to use a heavy duty stand mixer with the paddle, though this can be done by hand. Next, mix in the vanilla, and begin to add flour. This will become too stiff to fully incorporate with the stand mixer, so place your dough on a lightly floured counter top and finish mixing by hand. Begin to shape the dough into 1" balls Place them about 2" apart on a parchment paper lined cookie sheet. Using a glass dipped in sugar, flatten the dough balls to about 1/2" thickness. Bake about 8-10 minutes; the bottom of the cookies should be slightly browned. Remove from cookie sheet and allow to cool.

Frosting is optional, but I think it adds a little more flavor. In a small bowl, whisk together the powdered sugar, lemon zest, and lemon juice until combined. Begin to add water until it reaches a good consistency for spreading. Top each cookie with frosting, allow it to set up and then ENJOY!