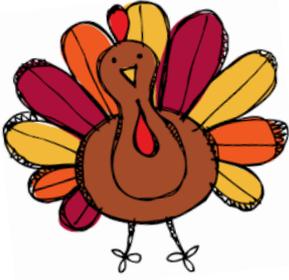


# THE INTEGRATOR



HRUSKA  CLINIC™  
Restorative Physical Therapy Services



## *WE ARE DIFFERENT!*

WE ARE DIFFERENT! has been the Hruska Clinic's motto for more than ten years now. For those of us here at the clinic this motto means a lot, but what does it (or what do we want it to) mean to you? It means that our approach, or you could say our brand, of physical therapy is not just like every other clinic. It means there is something special here. This something special is why we estimate that roughly 40% of our patient base comes from outside the city of Lincoln. In fact, we routinely treat people from not only outside the state of Nebraska, but we also treat patients that travel from other countries!!

But this still doesn't tell you why WE ARE DIFFERENT! One of the things that make us different is that we treat the cause of symptoms, not just the symptoms themselves. Frequently patients come to our clinic after being treated elsewhere for back pain, for example, and indicate that they are pleased to find that our approach goes beyond a quick fix. Especially for those that have suffered with chronic pain.

Another reason why WE ARE DIFFERENT! is how we take our care for patients to the next level. Our patients experience one on one care with our therapists and leave our office with not only an individualized PT program but are also guided on how to integrate these into their everyday lives. This, again, is because it's our goal to address the underlying cause of your pain rather than only treating your symptoms.

When you take these things into consideration, I think you will agree that truly, WE ARE DIFFERENT!

## Tips for winter time!

Humans cannot hibernate, but when the weather turns cold and icy, many of us turn to the couch and become less active during the winter months. There is nothing wrong with relaxing in the winter, but it's essential that one also participate in activities to keep you fit, occupied, and healthy. Physical activity keeps us fit and our bodies running smoothly. General exercise benefits are notable, including weight loss, better muscle tone, better sleep, and a better overall mood. When you are ready to get moving here are a few excellent winter activities to consider.

- Walking- simplest form of exercise, no equipment involved, and accessible.
- Cross country skiing
- Bowling
- Join a rec league (volleyball/ pickle ball)
- Scooping the sidewalk versus snow blowing

# Oooohhh...my aching back!!

Low Back Pain (LBP) is the most expensive, benign condition in industrialized countries. Experts have estimated that approximately 80% of Americans will experience LBP during their lifetimes. Nearly 65 million Americans report a recent episode of back pain. Some 16 million adults — 8 percent of all adults — experience persistent or chronic back pain, and as a result are limited in certain everyday activities. In fact, about 31 million Americans experience low back pain at any given time. Based on these stats it's not surprising that in our clinic, and many other PT clinics, lower back pain is one of the most common ailments we treat. Many people are treated for back pain with lots of different tools including massage, chiropractic care, medicine, exercise, yoga, even surgery or injections, and of course physical therapy. Of course we look at lower back pain a little differently than most traditional therapists.

As with everything we treat here at the Hruska Clinic, we aren't just looking at the structure of the lower back (arthritis or disc bulges etc.) as the only reasons for pain, which is good because most LBP doesn't have an identifiable structural cause. Instead we look at the function, and position of the lower back (lumbar spine) and anything that could be influencing its position or function.

The lower back is basically the connection from the pelvis to the ribcage. It includes the 5 lumbar spinal segments and the muscles (back and abdominal) that move those segments. If it is over compressed, twisted, or suboptimally positioned it may hurt. **(Image 1)** Therefore we need to address and assess anything that impacts the ribcage (think arms and breathing), or pelvis (think legs). Basically everything you do can impact your lower back.

The most common thing we see that impacts the lower back is a pelvis that is tilted forward on one side or both as its "normal" posture. This alignment increases the compressive and/or rotational force through the lumbar spine and muscles. This position is influenced by the way we stand, walk, and breathe. So to help you lower back pain we need to address the reasons why your back is in the position it is in otherwise it'll be really hard to make it feel better. If traditional PT, chiropractic or orthopedic solutions have not fully helped you lower back pain, lets us know as the root cause may not have been addressed yet.

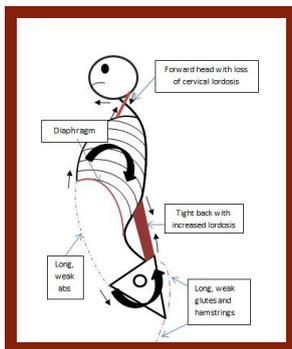


Image 1

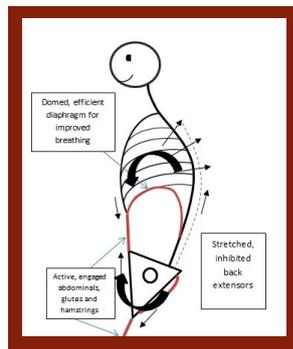


Image 2

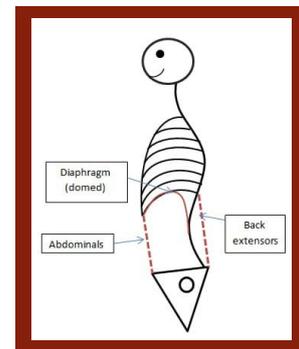


Image 3

Our exercises at the Hruska Clinic attempt to inhibit or turn "off" the back muscles by turning "on" the outer abdominals, glutes, hamstrings and diaphragm. We place these muscles in a better biomechanical position to oppose the back muscles by having our patients perform a pelvic tilt ("tuck your bottom") and reach forward with the front ribs moving down and in with exhalation. This will assist to decompress the back. **Image 2 assists with understanding this concept as you will see the front side "closing" and the back side "lengthening" or decompressing.**

**Once the body is more "balanced" and learns for all of the muscles stated above to work together the goal with be to land in the "middle" and be like image 3.** This image demonstrates how the pelvis and ribs are in a mid-range position secondary to the back, abdominals, diaphragm, hamstrings and glutes working together to balance the body.

**Please go to [www.hruskaclinic.com](http://www.hruskaclinic.com) and click on our blog entitled "Decompress your Back" for a video demonstration of a technique will implement to achieve the concepts describe above.**