

# THE INTEGRATOR



## 2022: The year of 2.

In 20-21 we had a year of “Moving Forward” as we moved from 2020 to 2021. In 2022 we are reminded that in order for our bodies to move forward, or really to move well at all without compensation, stress or strain, we require a body that has 2 sides that are inherently asymmetrical, to work together in a balanced way. This allows freedom of movement in many different ways. If there is a significant imbalance in the way the 2 sides of our bodies function, there will have to be compensation somewhere in the body. Said another way, efficient, pain-free movement requires balanced and coordinated (not necessarily symmetrical) function between the 2 sides of our bodies. There are 2 of every one of us, and 2 different sides to each of us that have to work together.

That makes sense, but why does it matter for what we do with physical therapy?

We feel strongly that in order to have optimal results in getting people back to doing the things they love to do pain free, we need to really get to the root of the problem, not just look at symptoms. If you have a knee or hip that hurts on one side and we don't make sure the other hip or knee is working efficiently, we may be missing out on a real reason things aren't getting better. In fact it's not just the other hip or knee, it could be anything on either side of the body that impacts the 2 sides from moving in a coordinated manner.

The theory of treatment that we utilize, called Postural Restoration®, which was developed here at the Hruska Clinic, identifies normal asymmetrical patterns of the way we, as humans, are inherently imbalanced. Thus, Postural Restoration® can very effectively drive treatment no matter the end result or symptoms. Every time we see a patient we are thinking about the 2 different patients that are in that room. We have to look at both the left and the right patient in order to have success.

This year, 2022, the year of 2, we want you to remember that you have 2, and if you want to have a great, healthy year, both of you need to work together. Throughout this year we will be highlighting ways that we are looking at 2 to help you get better.

**Here's to 2022! It's gonna be great!**

# The Hruska Clinic Logo:

We've been looking at 2 since the very beginning

What's up with that weird squiggly line that is our logo? What does it mean?

This distinctive logo represents chains of muscles on 2 sides of the body that are patterned in an asymmetrical way, yet need to be restored to as much of a balance between the 2 sides as possible for optimal function, performance and efficiency. We look to maximize this balance with manual and non-manual (exercise) techniques, as well as integration with complimentary professionals who think in like-minded ways. This application of Postural Restoration® science and treatment gives us very unique and positive outcomes.

## Here's what that logo really represents:

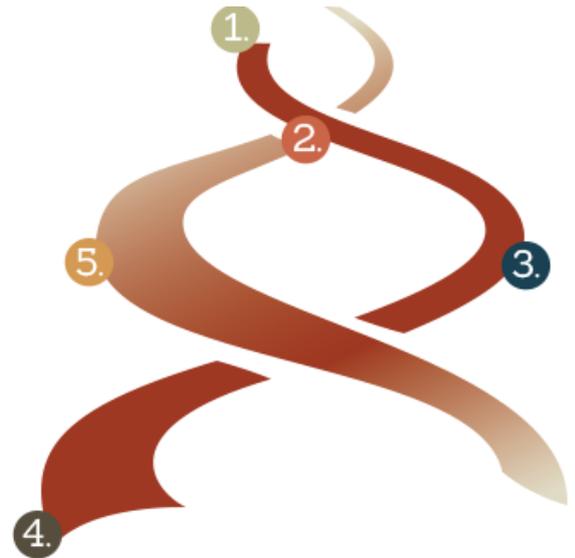
**1.** When looking at the logo, you'll see a very bold, darker line beginning at the top of the right side. This line reflects the strong pull of the right sternocleidomastoid (neck) muscle on the right cranial base and temporal bone, which is most often seen on the human body.

**2.** The top cross-link reflects the cranio-cervical-thoracic muscular chains that can influence or may be influenced by the lower cross-linked muscular chains that reflect the thoracic-pelvic-femoral region. These "poly-articular" chains are composed of many aligned and patterned muscles that cross many joints of the asymmetrical human. They are necessary for postural stability, and respiratory function, and have a direct impact on gait, endurance, vision, speech, swallowing, strength, respiration and balance.

**3.** The darker line crosses through the sternum and around the thorax on the left side of the logo. These left abdominal muscles are usually weaker, mal-positioned and provide poorer support to the diaphragm. Therefore this line is narrower than its counterpart. (5)

**4.** Since the adductors and hamstrings of our right leg, the right abdominals, and the right low back musculature usually work harder than the left, because of human characteristic postural asymmetries, the dark, broad, and lowest line of the logo reflects this pattern.

**5.** All lines on the right side are fuller and wider to represent the dominance of these right sided chained or linked muscles. The right middle looped line is broader, more active as a postural stabilizer and reflects the human characteristic pattern of right sided dominant arm and leg use, as well as center of gravity orientation to the right.



So as you can see, since the founding of the Hruska Clinic we have been looking at 2 sides and understanding the inherent differences of the 2. We here at the Hruska Clinic strive to manage and stabilize that structure so it can work in as efficient manner as possible.

We'd love to hear from you and about your experience working with us at the Hruska Clinic. If you'd like to leave a Google review for the clinic just snap this QR code which will take you to our Google page where you can leave us a comment or review. Let others know they can get the help they need if they just aren't getting better. Thanks!

#itswhatwedo

