



PRIME Do's and Don'ts

Thank you for engaging with us this week. We hope that you have learned a lot and we know that you have some new tools to help you manage your body in a different and better way. This is a quick summary with some overall guidelines that most people need to be aware of. If there are other things that are important for you, your case manager/PT will have gone over them with you. If there are things on here that do not apply to you, your PT will have discussed that. If you have any questions do not hesitate to contact your case manager or anyone with PRIME to get them answered.

Our program aims to give you tools (shoes, glasses, dental appliances) and activities to help you re-learn more efficient ways to hold yourself up, move and breathe. Over the course of the week those tools were all calibrated and utilized with each other to ensure you have the best ability to achieve and maintain neutrality. Your PT will have shown you which tools you need and how they need to be used together to give you the best results. Our goal over time is to get you to a point that you do not need these tools. That will only happen if you work on the activities to relearn appropriate movement and muscle activation patterns. Doing things differently (i.e. changing your shoes) will potentially give you different results. Here are some general guidelines of things to do or not to do with each of your new tools.

FOOTWEAR:

More likely than not you were given some instructions on which shoes or orthotics to wear with your activities. The support and sense of the floor provided with your shoes is a big piece that the dental splint and glasses were calibrated to.

DO:

- Wear these shoes as much as you can when utilizing your tools for upright activity and always utilize them for your exercises.
- Tie your shoes snugly when wearing them and untie them to take your shoes on/off to keep the heel counter from breaking down prematurely.
- Utilize any orthotics or custom inserts that were provided to you.

DON'T:

- Do your exercises barefoot or with different shoes (unless told to by your PT).
- Change to a different shoe (unless told to by your PT).
- Add (or take out) any orthotic, heel lift or other insert unless told to by your PT.
 - If you did receive custom orthotics, they will be mailed to you later. DO NOT change any of your other tools until you receive your orthotics and let your

PT/case manager know how you are doing when you receive them before making any changes.

Specific Recommendations: _____

GLASSES:

The optometrist and therapist worked together to find a new prescription for eye wear for you. This prescription was not necessarily given to you to help you see better but was prescribed to help you orient yourself and move better. (Ideally without affecting your clarity much)

DO:

- Wear your glasses as directed. You may have been told to wear your glasses full time, or just for exercise and training. You may have been given a different pair for up close or computer work. Be vigilant about utilizing the correct prescription for the correct activity.
- Give your eyes a chance to acclimate to your new prescription. Because it is different and not necessarily the clearest prescription it may take some time to get used to the prescription so...
- Give your eyes a break if needed.

DON'T:

- Change your glasses prescription or your contact lens prescription (especially if you are wearing therapy glasses over your contacts) without letting your PT know.
- Adjust the glasses with prism stickers, tape, or other coatings unless asked to by your therapist.

Specific Recommendations: _____

DENTAL APPLIANCE:

The dental appliance you were given to wear is there to change the way your teeth feel and fit when you close your mouth with talking, swallowing, and sleeping. This sense and guidance of your teeth and jaw provided to you by the appliance is not just to help you with clenching at night or to protect your TMJ. It helps to position your neck at rest and with activity. It is calibrated with the glasses prescription and footwear prescription you were recommended to wear. The splint will fit and feel differently if you do not have your other tools on with it.

DO:

- Wear your dental appliance initially as much as you can (as directed by your therapist) and when doing your exercises and at night.
- Give yourself some time to get used to it initially, however the more you talk and wear it the sooner you will get used to it.
- Always match your other tools (shoes and glasses) to the splint otherwise by itself it may not give you the results it would if it was worn with your other orthotics.

DON'T:

- Ever try to calibrate or adjust your splint yourself, you will do more harm than good.
- Let another “un-trained” [in PRI] dentist calibrate it without discussing it with your PT case manager or our dental team.
- Lose it or break it! You will have to come back to Lincoln and start the process over again, it **cannot** be duplicated or remade.

Specific Recommendations: _____

EXERCISES:

During your PT sessions, you were given activity recommendations and (more than likely) lots of exercises to do. These are general guidelines of types of activities you need to do as well as ideas for progression of these exercises for you to progress to. We do not expect you to master them (or even perform them) all right away. Get good at the basics and gradually progress as you can.

DO:

- Start with the most basic exercises first and get good at the technique and feel of the muscles and slowly progress.
- Use all the tools you have and need (shoes, glasses, splint) every time you do your exercises.
- Talk to your local therapist or PRIME PT if you have questions about technique or progression.
- Take your time and have fun with the activities.

DON'T:

- Work too hard at them. Give your body time to get used to doing them. If the technique or feel isn't coming, give yourself a break and come back to them later.
- Try to do the harder exercises before getting good at the easiest exercises. The activities build off each other. If you aren't good at the basics, you will not be able to do the harder exercises well.
- Go too fast. Focus on what you are feeling and sensing with your activities. That is as important (and probably more important) as how many or how often you do them.

OTHER RECOMMENDATIONS: