

PRIME WHAT TO BRING/EXPECT?

What should I expect?

When you come to Lincoln you will see professionals from different backgrounds looking at you in a holistic way, each with their own specialties, but all with the same underlying thought process. (Download the PRIME information packet for a specific schedule example) Each specialist is going to assess and treat your ability to achieve and maintain better body position and movement patterns by influencing the specific area they are able to do. The dentist is going to address your bite and teeth but knows that without appropriate footwear, position, or 'alignment' their treatment is only partially successful. Having each professional look at you with the same goal makes this program unique. You will have a Clinical Integration Specialist communicating with each professional to ensure that your program is well integrated and all aspects are addressed. They will be with you at all visits where their input is needed or warranted. They will be your go-to person to answer any question or communicate with each professional.

You should expect that all your questions are answered about what is going on with your care, how you got to the place you are, and what our plan is to help you get out of it. Please communicate with us of those things are not addressed to your need.

Some people are very fatigued from seeing numerous people in the same day (especially for the first day or 2) some are not. We try to keep your time filled with appointments to maximize your time here while still giving you time to rest and perform other things we need you to do outside of the clinic, like pick out glasses or shoes.

You should expect that by the end of the week you are confident with what to do when you get home. You should know when to utilize the tools we give you, what exercises or activities to do, when and how much. You should also have a roadmap of how to progress and what to do over the coming weeks and/or months. You should have a contact person here that you can ask ANY question to.

What should I bring?

We highly encourage each person to bring with them a support "Engager" to assist you with processing the information and helping you understand what is going on and expected of you. The more people who understand what you are going through, and what your treatment plan is, the better your ability to carry it out will be. This engager we feel is a very important part of your recovery.

Bring with you any orthotics, pair of glasses, oral splint, or other device that you have used or been prescribed. If you have an exercise program letting us know what you have done (successfully or not) is helpful. Any scans, x-rays, or test results may be helpful but are not necessary. Bring with you footwear you are most comfortable in as well as any footwear you are required to wear (i.e work boots

etc.) so we can look at how they may influence your program. Wear comfortable clothing that you can move freely in when at your appointments.

Bring an open, optimistic, and receptive mind. We may challenge your conventional thoughts or things you have done in the past but will show you why and how what we do works and will help you. With any treatment, an ability to fully engage and work with it is helpful for the success of that treatment. We need you to be engaged with us and your program to have success.

PRIME Recommended Lodging / Restaurants / Things to do in Lincoln

TRAVEL/AIRPORTS

Lincoln Airport (LNK):

Lincoln has a small airport with limited flights in or out. The airport is roughly 15 minutes from the clinic and hotels. UBER is available in Lincoln, but not as reliable as in bigger towns, so many people will still rent a car while in Lincoln.

Omaha Epley Airfield (OMA):

Omaha is about a hour from Lincoln and the Omaha airport has more (and often cheaper) flights daily. There is a shuttle from the Omaha airport to Lincoln hotels but is expensive and you will still need to UBER or find transportation in Lincoln so we again recommend a rental car for those flying in from Omaha. We would recommend checking both airports out to find the easiest flights in or out once you have your Itinerary.

LODGING

StayBridge Suites (1501 N 86th St; 402-484-6000)

While it's not the closest hotel to the PRIME campus, StayBridge offers complimentary shuttle service to any of your destinations while here at PRIME (we will even supply him with your itinerary if you choose) as well as complimentary breakfast and dinner (with happy hour). They offer a special PRIME rate for our patients as well.

New Victorian Inn (225 N 50th St; 402-464-4400)

Within a short walk to the main PRIME Campus and lots of eating choices it is a great central location. They offer a reduced rate for our PRIME patients. Mention PRIME or Hruska Clinic when you book your room.

Annabelle Gardens (200 S 68th St Pl; 402-483-4900)

A short drive to the PRIME campus Annabelle Gardens offers full suites with full kitchenettes. Lots of room if you plan on cooking all your meals and need a full suite. Reduced rates for PRIME/Hruska Clinic patients.

TRU by Hilton Lincoln East(305 N 50th St; 531-248-3500)

This recently opened hotel is close to the PRIME campus and near grocery stores and restaurants. We have not established a reduced rate with them yet as it is a new hotel, but hope to soon. Its never bad to ask!

Comfort Inn (331 N Cotner Blvd.)

Has typically been a great place to stay for our out of town patients as it is within a short walk to our campus. New management has not agreed to supply us a reduced rate for our patients, however the location is hard to beat.

RESTAURANTS/FOOD CHOICES

Misty's (3 Lincoln Locations but the original is at 6235 Havelock Ave, Lincoln, NE · (402) 466-8424)

If you are looking for a GREAT Nebraska Steak you can't beat Misty's. A Lincoln favorite.

Honest Abe's Burgers and Freedom) (2 locations; Downtown and at 70th and Vine street 402-261-9860)

The best burgers in town, hands down. Don't pass up the truffle fries at this locally owned and run restaurant.

The Oven (2 Lincoln Locations; 201 North 8th Street, 402-475-6118)

If you are in the mood for Indian food The Oven is Lincoln's best option.

Lazlo's (2 Locations. 210 N 7th St, Lincoln, NE · (402) 434-5636)

A locally owned and run restaurant and brewery. If you want a nice meal and a good beer Lazlo's is a great choice!

Blue or Hiro 88 (Blue: 800 R St., Hiro 88: 601 R St.)

If you are looking for sushi these are your best bets. Both are located in the historic Haymarket district downtown.

Valentino's (Multiple locations)

A Nebraskan's favorite pizza place. Val's originated in NE and continues to feed lots of Huskers. Go all out and do the buffet!

Runza (Multiple Locations)

Another Nebraska favorite. The Runza originated here in NE and is one of the first stops for many people when they return home to NE! Worth a try if you want something different.

Whole Foods /Natural Grocers

There are 2 natural grocery stores very close to the PRIME campus if you are looking to eat healthy and just want clean organic food.

TO DO

Historic Haymarket District/Railyard

Downtown Lincoln sports a renewed Haymarket district full of local shopping and tons of restaurants. Lincoln's nightlife spot. Worth an afternoon or evening of looking around and if you just want t

UNL Campus/Memorial Stadium

Lots of museums located on the beautiful UNL campus, including Morrill Hall (Natural History Museum) and Sheldon Art Museum. Feel free to scope out Memorial Stadium and the home of the Huskers, aka 3rd biggest town in Nebraska on game-days! Take a stadium tour to see Nebraska's Heisman trophies and national championship trophies!

State Capitol (1445 K Street)

A beautiful building with great architecture and art. Daily tours available on the hour (except noon) or feel free to peruse yourself.

Lincoln Children's Zoo (1222 S 27th St)

A fun zoo geared primarily for children but enough for everyone to see something. Can be done in 1-2 hours. Don't neglect going on a train ride!

Sunken Gardens (S 27th St & Capitol Parkway)

Located near the Lincoln Zoo, the sunken gardens are a beautiful place to walk through if you are here in the summertime to see lots of different flowers and plants.

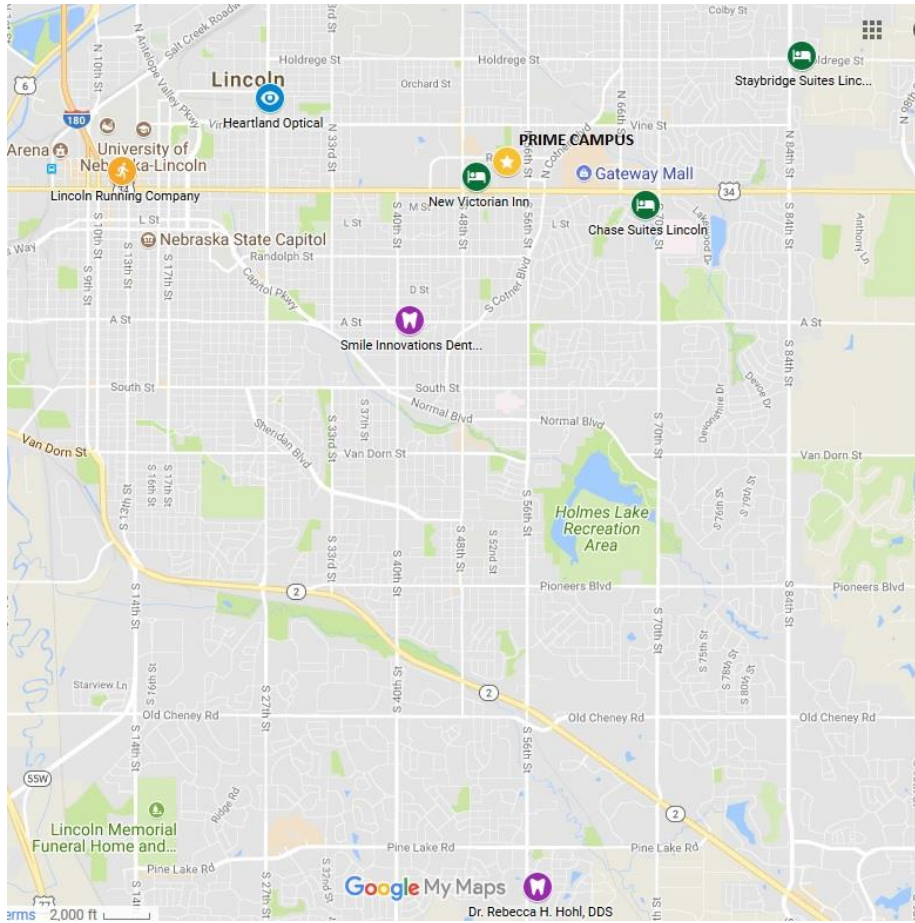
Lincoln Children's Museum (1420 P St; (402) 477-4000)

If you've got young kids who need some entertaining the Children's museum is a great place to spend an afternoon exploring and learning. Different exhibits all the time.

National Roller Skating Museum (4730 South St; 402-483-7551)

If you are (or were) really into roller-skating back in the day the national roller-skating museum is here in Lincoln. Free admission to learn and see anything you ever wanted to know about the history of roller skating.

PRIME MAP



PRIME Campus

PRIME, Hruska Clinic, PRI Vision

5241 R Street

402-467-4545

Dr. Rebecca Hohl, DDS

5700 Thompson Creek Blvd #1

402-421-8000

Smile Innovations Dentistry

4110 A Street

402-484-8444

Heartland Optical

1012 N 27th St

402-476-3311

Lincoln Running Co.

1213 Q St

402-474-4557

Recommended Lodging

Staybridge Suites Lincoln NE

1501 N 86th St

402-484-6000

Reduced rates for PRIME patients, complimentary shuttle to all appointments, complimentary breakfast and dinner

New Victorian Inn

225 N 50th St

402-464-4400

Within walking distance of clinic and multiple restaurants

Annabelle gardens

200 S 68th St Pl

402-483-4900

Suites with full kitchenette available

