

THE HRUSKA CLINIC'S PIECE OF THE PERIMENOPAUSE PUZZLE: A Nervous System and Postural Restoration Perspective

Perimenopause is often discussed as a hormone problem. While hormones play a critical role, changing hormone levels can also affect the nervous system's ability to adapt, regulate, and recover.

As estradiol and progesterone fluctuate and gradually decline, the nervous system can become more sensitive and less adaptable to the physical demands of everyday life. This can influence sleep, recovery, balance, energy, breathing, movement, and overall well-being.

At the Hruska Clinic, we focus on one piece of the perimenopause puzzle: helping women. Most insurance plans are accepted for in-person care.

The nervous system continuously receives information from the ground, vision, breathing, neck, trunk, and pelvis position, as well as the ability to sense and coordinate movement between the left and right sides of the body.

Changes in the position of the neck, trunk, and pelvis can influence how the nervous system receives information and processes information from the ground and space around the body. Overtime, this may contribute to further nervous system dysregulation and a reduced ability to adapt to physical stress and demands.

COMMON SYMPTOMS WE MAY SEE

- Unresolved muscle and joint pain
- Neck tension and headaches
- Difficulty breathing with rib cage flares or tightness
- Overall body/muscle tension
- Pelvic floor symptoms (stress incontinence, urgency, constipation, painful intercourse)
- Fatigue and reduced physical endurance
- Exercise intolerance or poor recovery from exercise
- Dizziness or lightheadedness
- Dysautonomia-related symptoms (brain fog, lightheadedness, heart variability, temperature regulation changes, etc.)
- Persistent chronic conditions

If you are experiencing any of these symptoms, a PRI evaluation at the Hruska Clinic may help identify factors that are contributing to nervous system dysregulation and limiting your body's ability to adapt and recover.

Through PRI-based assessment and treatment, we work to improve the body's ability to regulate and adapt to physical stress. By supporting nervous system regulation, PRI may serve as an additional piece of the perimenopause puzzle, complementing hormone therapy, functional medicine, exercise, nutrition, and other supportive approaches.

WHAT CARE LOOKS LIKE AT HRUSKA CLINIC

- One-on-one individualized care
- One-hour treatment sessions
- Care provided directly by a PRI-trained therapist
- No aides or assistants
- Typically seen 2–3 times per month
- Focus on breathing, posture, movement variability, and whole-body function

Every treatment plan is individualized based on your movement patterns, symptoms, and goals.

THE GOAL

Regulation before optimization.

When the nervous system becomes more adaptable and less reactive, the body is often better able to recover, sleep, move, exercise, heal, and respond to physical demands with greater resilience.

GETTING STARTED

We offer both:

- **In-person evaluations and treatment** at the Hruska Clinic (Most insurance plans are accepted for in-person care.)
- **Online consultations** for those outside the area. Insurance cannot be billed for on-line consultations. As a thank you for attending this presentation, receive \$50 off your first consultation when you mention this talk when scheduling.

The goal is not to “fix” perimenopause. The goal is to help your body become more adaptable, resilient, and capable of meeting the demands in this transition.

**Hruska Clinic
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