

The Pelvis is the Root of all Evil (or the Cure)

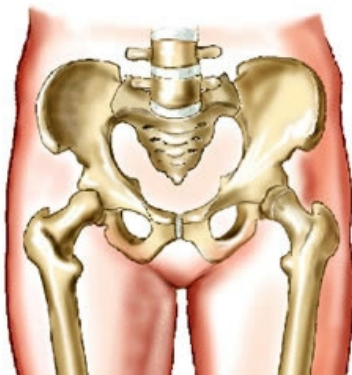
What is Posture?

Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight bearing activities.

That is PRI?

The Postural Restoration Institute (PRI) was established to explore and explain the science of postural changes, asymmetrical patterns and the influence of muscles on the human body. The staff at Pearson Physical Therapy has specialized training to help improve posture, muscular and bony alignment, which in turn will help alleviate pain.

Concepts of PRI



The body is not symmetrical. For example the heart is positioned more to the left and because of this our right lung is slightly larger than the left. The biggest part of the liver is on the right side of the body. All systems of the body have different responsibilities, function, position, and demands for each side of the body. The human body is balanced through the integration of all the systems as a whole. PRI trained therapists recognize these imbalances and typical patterns associated with system disuse or wellness because of overuse of the dominant side (We are a right handed society).

Most patterns causing dysfunction start with an asymmetrical or unbalanced pelvis ("the pelvis is the root of all evil or the cure") To be healthy and pain-free we need to be able to move and breath in alternating patterns in all directions. Our daily lives are becoming very repetitive therefore causing us to unconsciously stay in the same position causing muscle imbalances and restrictions. The little things we do everyday can either keep us "out of alignment" or "in alignment" - it depends on what we do.

The Pelvis

If there is an abnormality in the balance of the two sides of the body, signs and symptoms are likely to arise at the pelvis. A report of symptoms in the neck back, hip, knee, or shoulder may warrant a full examination, because the actual problem may be occurring in a different area (pelvic mal-alignment causes dysfunction above and below the pelvis). At Pearson Physical Therapy, we do a comprehensive evaluation from the ground up- looking at the lower extremity mechanics and influences even if a person is being evaluated for neck and shoulder pain.

The pelvis is comparable to the foundation of your house. If the foundation of your house is not solid or has instability- the doors and windows of your house do not work properly.

If you pelvis in not symmetrical - your shoulders, knees, hip, neck, low back, etc do not work properly (they are like the doors and windows of your house) - causing pain, dysfunction, degeneration, muscular tears, etc.

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Our Evaluation Using the PRI Approach




Pearson Physical Therapy takes a holistic approach to the pain or problem. You may come with a diagnosis from the doctor such as rotator cuff tendonitis, and we take it a step further- asking why did the tendonitis develop? Do you have muscular or postural imbalances? We try to address not only the immediate problem (tendonitis) but also the cause of the problem to prevent it from recurring.

PRI uses a wide variety of exercises and techniques to counteract the imbalances. The exercises are very detailed but address very specific problems. They are aimed at the muscles that have a deficit, when the deficit is corrected the normal balance is restored, and the problem should be corrected.

The muscles most often targeted are hamstrings (left), adductor (left), gluteus medius (left) and gluteus maximus (right). These muscles are on the same "team" and usually not as strong as their counterparts on the other side.

Exercises are almost always prescribed at the first visit to help speed your recovery.

Pearson Physical Therapy has three PRI trained physical therapists, Becky, Andrew & Lianne. If you want more from your therapy evaluation and treatment give us a call at 308-872-5800.



Pearson
PHYSICAL THERAPY

Stride

Clinic

July 14th 3-7 pm

Do you feel frustrated by injuries forcing you to the sideline? Are you concerned about the long-term effects of chronic hip, knee, foot and back pain?

Would you like to run farther, faster and without pain?

Whether you are a seasoned runner or just wanting to get back into shape, come join us April 18th.

Pearson Physical Therapy is offering a *free* clinic for anyone interested in a walking/running evaluation. This 30 minute evaluation will include:

- Individual screening for flexibility, strength & posture impairment
- Foot shoe & gait assessment with recommendations regarding foot type & shoes as indicated
- Running screen with video feedback and instruction for refinement of technique as needed (using model comparisons to aid in learning)
- Tips for training management to maximize conditioning progression and avoid overuse injury.