

PRI Mini Residency Center Application

PART ONE (Demographics)

Today's Date	August 11, 2021
Name	Jason Masek, David Drummer, Lori Thomsen, Torin Berge
Professional Title	Physical Therapists
Employer/Company	Hruska Clinic
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Please provide names of all of the physical therapists and PTAs that are currently on staff at your clinic:

Jason Masek

David Drummer

Lori Thomsen

Torin Berge

PART TWO (PRI Mini Residency Center Description)

Please provide a description of what the resident can expect at your PRI Mini Residency Center:

The physical therapists here at the Hruska Clinic have been a part of the team for no less than ten years and have all earned the designation of PRC through the Postural Restoration Institute. To maximize our ability to utilize PRI concepts with each and every treatment session we do not utilize PT assistants or aids. This allows us to offer a unique treatment experience. Typically, each patient is seen for an hour session with the PT which allows us to thoroughly assess, guide, or progress them through their Postural Restoration based program. This treatment model ensures each patient has been thoroughly assessed, instructed in their home exercise program, and they are confident in understanding their needs. We continually are working with numerous complex patients, many which are referred by fellow PRI practitioners. We have a lighthearted, yet serious environment that makes our patients feel safe and comfortable.

The hallmark of our clinic and what separates us from other PRI clinics across the country is our understanding and utilization of integration activities with our patients. Our ability to assess and address interdisciplinary needs to assist progression of a PRI program for complex patients includes instruction in specific footwear needs, as well as integration with a host of health care professionals. We regularly integrate one on one with optometrists, podiatrists, dentists, orthodontists, and others for the purpose of helping patients progress better through a PRI program. Because of our experience with these needs, we as the therapists often take on the role of case manager to coordinate care and collaborate directly with other professionals to make decisions regarding the treatment plan.

Because of our years of experience in managing interdisciplinary care and realizing the importance of coordinating care amongst multiple practitioners, the Hruska Clinic established, and continue to improve upon this multidisciplinary care through our PRIME (Postural Restorative Integrated Multidisciplinary Engagement) program. After years of “piece-mealing” interdisciplinary care with out of town dentists, and PRI-Vision care, we realized that the best results came when those disciplines were coordinated in their case management rather than done individually without that coordination. For this reason we started our PRIME program to assist patients from out of state receive the coordinated multi-disciplinary care they need. When managing these patients either from out of state or if they are local, we have the ability to work directly with the practitioners they need to provide them with the necessary orthotics (i.e. glasses, shoes/shoe orthotics, dental appliances, etc.) that allows them to have more success with their PRI program.

Any resident of the Hruska Clinic will have the opportunity to work not only with experienced experts in PRI application but will gain experience in direct one on one management and collaboration with other healthcare professionals which will help them learn how to communicate, treat, and establish positive relationships with other healthcare practitioners.

Beyond the three PRI primary courses, the Hruska Clinic **requires** applicants to have taken the Cervical Revolution course to be considered for residency. We **highly recommend** that applicants have taken the following PRI courses as well: Impingement & Instability, Forward Locomotor Movement, and Advanced Integration. Due to the nature of patients seen at the clinic, attendance of the Cranial Resolution course is also **encouraged**.

Application deadline for 2022 is December 15, 2021. We require a minimum of 8 weeks from the date of application submission until your residency program can begin. This will give our staff time to review your application and determine the best fit for the primary therapist you will train under. Residency programs at our clinic in 2022 can begin no sooner than the 1st of March and be completed no later than the 31st of October. Although we currently intend to have one resident per year at our clinic, we will consider additional residents on a case by case basis.

PART THREE (PRI Experience and Expectations)

1. *How much do you use PRI in your current every day practice with patients or clients? Is it a subordinate method, or is it your primary treatment/management approach?*

The Hruska Clinic staff specializes in providing our patients with an individualized program based on the science and application of PRI principles. Our clinic also often helps manage complex patient presentations which often require collaborative care with other health professionals. Although post-operative care is a small portion of our patient base, we integrate PRI principles into the care of those patients when appropriate.

2. *Why are you interested in becoming a PRI Mini Residency Center?*

As interest in the science of PRI grows, the staff at our clinic believe it is critical for all PRI practicing therapists to know how utilize PRI tests and let those tests guide their treatment programs. We view this as an opportunity to help keep the science of PRI pure and aid in this goal. We also believe there is no better place to learn when, how, and why to integrate with other health care professionals, and how to be case managers in such instances. As the leading clinic in integrated care, we feel it is our responsibility to

participate in the PRI Mini Residency Program to improve this aspect of treatment for interested PRI practitioners.

- 3. How many hours do you (and any other PRCs or PRTs employed on staff) work on a weekly basis? If it is less than full time (i.e. <32 hours per week), please outline how you would plan to keep the resident active and learning during their full time, six week, PRI Mini Residency Program.**

All of the therapists at the Hruska Clinic are of full-time status.

- 4. What are your future goals for integration of PRI concepts within your practice/setting?**

It is the goal of the entire Hruska Clinic physical therapy staff to continuously develop relationships with other healthcare professionals, including PRI educated therapists across the world, along with local interdisciplinary minded professionals. Our goal is to improve the quality of care locally and for other therapists across the country, through improved utilization of PRI principles and integration with other healthcare practitioners in prescribing and/or making functional orthotics that allow complex patients to progress through their PRI program.

- 5. Who on staff (must be a PRC or PRT credentialed professional) will oversee the resident during their time at the PRI Mini Residency Center? Which other healthcare or movement professionals on staff have taken at least 3 PRI courses and would be interested in having the resident spend time with them during their six week mini residency program?**

Each of the Hruska Clinic physical therapy staff have expressed interest in overseeing those that desire to do a residency here. We anticipate the interview process with potential candidates will help us determine which of our therapists will be the best fit for candidates. Despite a plan to designate a given therapist as the primary therapist for our residence, all of our therapists will be involved in their education process.

- 6. Have you ever had any college or graduate students complete a clinical rotation or internship at your facility? If so, please express how that experience has been, and how you feel this would be similar or different from student clinical rotations or internships that were completed at your clinic?**

Several physical therapy students have participated in clinical rotations with us. We have always required students to have a basic understanding of PRI and a specific goal of being able to apply PRI principles. The challenge in having college students doing rotations at the clinic is that the level of care we provide specifically with advanced PRI principles and interdisciplinary care is post-graduate care and unable to be utilized by our college-aged students. Despite this, we believe those experiences have been positive for our students, and that the majority continue to incorporate PRI principles. We anticipate that those going through a mini residency program will have a greater vested interest for success in the PRI application process in their professional environment based on their ability to understand and utilize the concepts they will be exposed to at this clinic.

- 7. Besides utilizing PRI as an assessment/treatment approach, what other PT or sports/performance-related interventions (i.e. Graston, Schroth, Dry Needling, FMS/SFMA, DNS, etc.) do you use in your practice or setting on a regular basis?**

Our Physical Therapists do not utilize other approaches beyond PRI as we consider ourselves PRI purists; however, we will refer to other practitioners if these techniques are deemed necessary.

- 8. What is your process for determining if/when someone needs interdisciplinary integration care, or referral to another practitioner for evaluation consultation?**

When a patient is unable to inhibit either individual or multiple chains (i.e. AIC, BC, TMCC chains) from PRI manual and/or non-manual techniques, or if they cannot maintain a state of PRI neutrality, or make functional progress, we believe these are appropriate times to integrate with other disciplines. Through objective testing and assessment with each patient, we can show and identify which interdisciplinary needs are necessary. We feel we are in a unique position with our experience and developed relationships with other practitioners to assess, utilize, and teach this kind of care to other PTs.

- 9. Do you currently integrate PRI with foot orthotics/footwear or collaborate with an optometrist or dentist in your area? If so, in what ways are these other disciplines integrated within your practice? Please include the names of any interdisciplinary professionals that you collaborate with on a regular basis. If you do not integrate with any other disciplines, please outline how you manage patients or clients who are not progressing with a traditional PRI program (i.e. do you refer on to another PRI clinician who does integrate)?**

With local and out of town patients through our PRIME program we actively utilize proper footwear and/or foot orthotics, and integrate with Dr. Paul Coffin, DPM, who sees patients at the Hruska Clinic one day each month. We regularly work with Dr. Steve Wise, O.D., in our clinic for visual integration, and have multiple dentists/orthodontists that we routinely integrate with, including Dr. Chris Campbell, DDS, and Dr. Rebecca Hohl, DDS. With each practitioner we are often working together in their clinic (or ours) with each practitioner ensuring the collaborative care is ideal for each patient utilizing PRI science and concepts.

10. What are your expectations of the mini resident?

We expect our residents to be passionate about the science and application of PRI and are interested in advanced clinical application with a desire to understand and learn integrated methodology for maximizing patient outcomes. The ideal resident will not only have taken the above required curriculum but have been applying PRI principles clinically for a minimum of one year. When in the clinic we expect these residents to be engaged and confident with patient education, communication with other practitioners and PTs, yet willing to learn and grow in their utilization of PRI concepts.

PLEASE SUBMIT YOUR APPLICATION TO:

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