

POSTURAL RESTORATION

HOW IS IT DIFFERENT FROM TRADITIONAL PHYSICAL THERAPY

- The PRI approach recognizes that the right and left sides of the body are different, and incorporates this underlying principle for treating patients.
- Its focus is to realign, restore, and retrain to reduce pain and promote lasting improvements
- It treats the entire body as a whole unit, versus treating only the body part/the symptoms only

WHAT IS IT?

- On the outside we appear “even” or “symmetrical”; however the inside of our body is not, which causes natural imbalances to occur.
- Organ size, placement and function, along with nervous system development and muscular use all contribute to dominant movement patterns. These asymmetrical movement patterns combined with individual habits lead to stress, strain, or torque on joints, tendons and muscles, and over time may cause pain to occur.
- When this patterning becomes so dominant that your body does not understand how to perform activities in any other way, compensations develop. The repetitive faulty movements cause strain, and increase your chances of developing pain.



