



Aquatic Postural Restoration from PRI Vision

The Postural Restoration Institute™ (www.posturalrestoration.com) was established in 1999 by Ron Hruska, MPA, PT to explore and explain the science of postural adaptations, asymmetrical patterns of the body and the influence of polyarticular chains of muscle development on the human body. The development of PRI is based on innovative treatment that addresses primary contributions of postural kinematic movement dysfunction. PRI is dedicated to clinical education, research, and the ongoing search for the improvement of treatment pathways in physical medicine. It offers resources, educational opportunities, research, and patient care programs to assist physical therapists and other healthcare professionals who wish to maximize their assessment and treatment skills in the integration and use of respiration, myokinematics, and neuromuscular PRI techniques to reduce characteristic positions of postural imbalance and their compensatory patterns.

PRI Vision is the brand for tools and products designed in association with and approval from PRI to facilitate application of PRI-based protocols. PRI and Vision Aquatics, Inc. are pleased to be cooperating in the development of Aquatic Postural Restoration products from PRI Vision. This is a relationship based on Ron Hruska's belief of the power of applying PRI protocols in an aquatic environment, and his appreciation for the fluid dynamics capabilities of Vision Aquatics' CEO and Chief Innovation Officer, Peter Gillette. The blending of skills of these innovators is found in the Aquatic Postural Restoration pools now being shared with you.

PRI Vision Aquatic Postural Restoration offers your business:

- Patented, science-based protocols and environments
- Unique healing platforms
- Market differentiation opportunities for clinic growth and profits

PRI brings you:

- Innovative and proven science
- Outstanding training and certification capabilities
- A growing number of PRI-trained and certified clinicians
- PRI Vision tools and products

Vision Aquatics brings you:

- Outstanding aquatic environments and application of fluid dynamics
- Business development model for aquatics
- Financial analysis model
- Installation and in-service support

PRI Vision Aquatic Postural Restoration products include:

- PRI Vision PRI-VA1020 Orthopedic pool
- PRI Vision PRI-VA1020 Instructional pool
- PRI Vision PRI-VA1018 Wellness pool
- PRI Vision PRI-VA1016 Restoration pool
- PRI Vision PRI-VA0613 Prism Passage pool



Each of the PRI Vision Aquatic Postural Restoration pools provide the clinician with a range of function designed for a particular application. Feature lists, including the list of workstations for each product, are included on each product sheet. To provide additional insight into the design purpose of each workstation, they are identified and discussed below.

PRI Vision Aquatic Postural Restoration Workstations

1. **AquaSkate**
Restores ability to correctly shift laterally from side-to-side using appropriate thoracic and hip muscles. Maximizes hip internal rotation and thoracic-pelvic stability. Prevent falls contributed by lack of ability to adjust body weight in frontal plane. Reduce shoulder thoracic facet and hip impingement as well as frontal dynamic single leg imbalance.
2. **Bench**
Restores reciprocal motion of hips with appropriate hip internal rotators. Balances hip rotator cuff muscle on each side and enhances symmetrical femoral rest and flexed positions.
3. **Deep Well**
Restores thoracic-lumbar sagittal plane balance and abdominal influence on diaphragm opposition. Maximize unilateral abdominal activity with hemi-lower quadrant cephalic directed force. Assist unilateral proprioceptive frontal plane development through upright caudal push.
4. **Entry Stairs**
Restores proper timing of gluteal muscle to quadriceps and gluteal muscle to hamstrings during eccentric demand. Facilitate and maximize frontal and transverse plane dynamics with sagittal plane activity through acetabular movement on the femur.
5. **Hemi-Hula Loop**
Restores sequential motion of hips in a semi-loaded position and transverse plane. Maximizes adduction, abduction, flexion and extension of hip rotation without compensation from supra-sacral muscle. Reduces proprioceptive and mechanoreceptor hyperactivity of the back and inadequacies of the hip.
6. **Hip Lounge**
Restores frontal plane adduction and abduction of the hip and thorax and seated hamstring and hip rotation. Maximizes left hip adduction and abdominal stabilization. Reduces pain patterns of the back and neck through co-contraction of quadriceps and hamstrings during contralateral hip adduction or abduction.
7. **Lateral Skate**
Restores ability to correctly shift laterally from side-to-side using appropriate thoracic and hip muscle. Maximizes hip internal rotation and thoracic-pelvic stability. Prevents falls contributed by lack of ability to adjust body weight in frontal plane. Reduces shoulder thoracic facet and hip impingement as well as frontal dynamic single leg imbalance.



- 8. Prism Passage**
Restores reciprocal movement of upper and lower extremities during gait and respiration. Maximizes bilateral trunk rotation and appropriate aquatic body weight. Reduces osseous and myosseous pathologies of extremities, girdle joints and spine through neuromotor multi-plane and polyarticular skill acquisition.
- 9. Prism Vision Corridor**
Restores visual-vestibular and vestibular oculo-motor influence on upright postural symmetry and balance. Correct perceptual midline dis-orientation and tonic labyrinthine patterns responsible for frontal or sagittal plane compensatory shift.
- 10. Retro Stair Station**
Restores modified closed chain hip rotation. Maximizes sagittal, frontal and transverse co-activity of hips and proper sacral-iliac, knee, and ankle functions in partial unloaded positions. Reduces patterns contributing to hip compression, lumbar-sacral torsion and knee-ankle instability.
- 11. Rotation Cove**
Restores hip extension without back hyper-activity and proper timing of hip rotational muscle. Maximizes feed-forward sequencing of sagittal and transverse activity. Maximizes full active tri-planar range of femoral acetabular movement. Reduces lumbar and hip joint compression.
- 12. Wall Reach**
Restores trunk flexion. Maximizes sagittal and transverse activity of spine, ribs and hips. Reduces spinal compression, thoracic hyper-inflation, cervical, lumbar and scapular strain, lumbar stenosis and spondylolisthesis.

You are invited to learn more about this opportunity for clinical and business distinction through PRI Vision Aquatic Postural Restoration by contacting:

Douglas E. Gregory
Vice President of Sales and Marketing
Vision Aquatics, Inc.
doug@visionaquatics.com
616.957.4819