

Performance, Stability, & Orthodontics

Intro to Postural Restoration®

We all know that braces straighten teeth and provide people with beautiful smiles, but could there be more advantages?

For years braces have been synonymous with straight teeth, but what most don't know is that when an orthodontist properly aligns teeth, they are also creating stability throughout the whole body. Teeth are an integral part of the body's "postural chains" and lay the foundation of support that can either promote proper head position on the spine, or set up a domino effect of problems throughout the whole body. If these posture problems are not addressed, they can have significant adverse effects on a person's life. The good news is that there is a type of therapy called Postural Restoration® designed to intercept and correct entire body posture issues even if you have already been suffering from the adverse effects associated with poor postural alignment. Through combined treatment with a Postural Restoration® therapist and an orthodontist who is experienced in such practices, proper posture can be established and maintained, promoting life-long whole body health.

Understanding Bodily Patterns

As humans we all create bodily patterns throughout our lifetime. For instance, most people have one leg that they cross more than the other, or one side of their mouth that they tend to chew on more frequently; these patterns are usually on the same side. Repeating these asymmetric patterns over time will promote dominance on one side and deficiency on the other. Because the deficient side is weaker, we don't like using it as often and we learn to rely on the dominant side more and more, making it grow even stronger while the deficient side continues to get weaker. This causes the deficient side to compensate in order to keep up with the dominant side during situations when the body must use both sides together, like reading a book or walking.

Orthodontics and Postural Restoration®

As discussed, teeth lay the foundation of support that can either promote proper head position on the spine, or set up a domino effect of problems throughout the whole body. During every smile exam, Dr. Hohl will assess occlusion (how teeth fit together) and neutrality to identify any dental related issues that are contributing to asymmetric postural patterns. If a dental related asymmetric pattern is recognized, Dr. Hohl will offer treatment plans to address and correct the issue. Whether you are feeling the effects of the asymmetric pattern yet or not, she understands the significant impact that it can have on a person's life. If a dental issue is not contributing to asymmetric patterns prior to beginning treatment, Dr. Hohl will consistently assess neutrality to make sure it is being sustained throughout orthodontic treatment. Patients can expect an increase in airway management, allowing one to sleep, work, and be active without losing diaphragmatic function when Postural Restoration® is in mind throughout orthodontic treatment. These benefits of increased physical performance are an added bonus to the beautiful smile you will achieve through orthodontic treatment with Dr. Hohl.

What is Postural Restoration®?

Postural Restoration® is the utilization of techniques to restore position of a common pattern. All humans use patterns on a daily basis to navigate through life. What Postural Restoration® does is retrain the body to form symmetric patterns so that the body can maintain a sense of neutrality throughout. Individualized Postural Restorative therapy will properly position, align, and balance the joints and muscles of the body, allowing it to work in a more effective and efficient manner. The Postural Restoration® approach is taught nationally to physical therapists and healthcare professionals through the Postural Restoration Institute™ (PRI).

The Hruska Clinic™

We are so fortunate to have the opportunity to work closely with the first clinic in the nation to be designated as a Postural Restoration Certified (PRC) Center. The Hruska Clinic™ is the first of its kind to begin, perfect, and spread the therapy of Postural Restoration® to address whole body health and healing. Hohl Orthodontics is privileged to have Postural Restoration Institute™ therapists from The Hruska Clinic™ in our office to assist with treatment. If a Postural Restoration® evaluation is necessary, it can be achieved right in our office at one appointment. This allows for an integrated approach to orthodontics and health with the convenience of having both of your doctors in one office.



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