



INFORMATION PACKET

What should I expect?

When you come to Lincoln you will see professionals from different backgrounds looking at you in a holistic way, each with their own specialties, but all with the same underlying thought process. Each specialist is going to assess and treat your ability to achieve and maintain better body position and movement patterns by influencing the specific area they are able to do. The dentist is going to address your bite and teeth but knows that without appropriate footwear, position, or 'alignment' their treatment is only partially successful. Having each professional look at you with the same goal makes this program unique. You will have a Clinical Integration Specialist communicating with each professional to ensure that your program is well integrated, and all aspects are addressed. They will be with you at all visits where their input is needed or warranted. They will be your go-to person to answer any question or communicate with each professional.

You should expect that all your questions are answered about what is going on with your care, how you got to the place you are, and what our plan is to help you get out of it. Please communicate with us of those things are not addressed to your need.

Some people are very fatigued from seeing numerous people in the same day (especially for the first day or 2) some are not. We try to keep your time filled with appointments to maximize your time here while still giving you

time to rest and perform other things we need you to do outside of the clinic, like pick out glasses or shoes.

You should expect that by the end of the week you are confident with what to do when you get home. You should know when to utilize the tools we give you, what exercises or activities to do, when and how much. You should also have a roadmap of how to progress and what to do over the coming weeks and/or months. You should have a contact person here that you can ask ANY question to.

What should I bring?

We highly encourage each person to bring with them a support "Engager" to assist you with processing the information and helping you understand what is going on and expected of you. The more people who understand what you are going through, and what your treatment plan is, the better your ability to carry it out will be. This engager we feel is a very important part of your recovery.

Bring with you any orthotics, pair of glasses, oral splints, or other device that you have used or been prescribed. If you have an exercise program letting us know what you have done (successfully or not) is helpful. Any scans, x-rays, or test results may be helpful but are not necessary. Bring with your footwear you are most comfortable in as well as any footwear you are required to wear (i.e work boots etc.) so we can look at how they may influence your program. Wear comfortable clothing that you can move freely in when at your appointments.



INFORMATION PACKET

Bring an open, optimistic, and receptive mind. We may challenge your conventional thoughts or things you have done in the past but will show you why and how what we do works and will help you. With any treatment, an ability to fully engage and work with it is helpful for the success of that treatment. We need you to be engaged with us and your program to have success.

Who will I See? (And where?)

While here in Lincoln you will interact with professionals in several different disciplines, and you may need to travel to other locations as well for shoe or glasses shopping. Having transportation is nice but Lincoln does have Uber, Lyft, taxi service, and depending on where you stay some of the hotels offer shuttle services to and from your appointments. Once you have an itinerary the locations of all your visits will be on that sheet.

The primary location of PRIME is at the **Hruska Clinic Building at 5241 R Street**. This is where the majority of your appointments will be.

The dental office where you will get your impressions done and oral appliance delivered is at **SMILE Innovations Dentistry at 4110 A Street**.

The Optometrist will see you with your case manager at the Hruska Clinic building, but if you decide to get glasses while in Lincoln (which we recommend) that will be done **at Heartland Optical at 1012 N 27th St**. They can turn around

simple glasses in the few days you are here before you leave.

If you need new shoes we may have you go shoe shopping while you are here. We will guide you and recommend which shoe we think will be good for you. We utilize 2 local running shoe stores that give our patients discounts on shoes. **Fleet Feet-Lincoln is at 7701 Pioneers Blvd or The Lincoln Running Company is at 1213 Q Street** in downtown Lincoln.

In rare cases we may have people consult with an orthodontist and will recommend you see **Dr Rebecca Hohl at 5700 Thompson Creek Blvd**. If we recommend this for you we will make sure you know ahead of time.



INFORMATION PACKET

WHERE SHOULD I STAY?

LODGING

StayBridge Suites (1501 N 86th St; 402-484-6000)

While it's not the closest hotel to the PRIME campus, Caitlyn at StayBridge offers complimentary shuttle service to any of your destinations while here at PRIME (we will even supply him with your itinerary if you choose) as well as complimentary breakfast and dinner (with happy hour). They offer a special PRIME rate for our patients as well.

New Victorian Inn (225 N 50th St; 402-464-4400)

Within a short walk to the main PRIME Campus and lots of eating choices it is a great central location. They offer a reduced rate for our PRIME patients. Mention PRIME or Hruska Clinic when you book your room.

Annabell Gardens (200 S 68th St Pl; 402-483-4900)

A short drive to the PRIME campus Chase Suites offers full suites with full kitchenettes. Lots of room if you plan on cooking all your meals and need a full suite

Comfort Inn (331 N Cotner Blvd.)

Has typically been a great place to stay for our out of town patients as it is within a short walk to our campus. New management has not agreed to supply us a reduced rate for

our patients, however the location is hard to beat.

WHAT SHOULD I EAT?

RESTAURANTS/FOOD CHOICES

Misty's (3 Lincoln Locations but the original is at 6235 Havelock Ave, Lincoln, NE · (402) 466-8424)

If you are looking for a GREAT Nebraska Steak you can't beat Misty's. A Lincoln favorite.

Honest Abe's Burgers and Freedom) (2 locations; Downtown and at 70th and Vine street 402-261-9860)

The best burgers in town, hands down. Don't pass up the truffle fries at this locally owned and run restaurant.

The Oven (2 Lincoln Locations; 201 North 8th Street, 402-475-6118)

If you are in the mood for Indian food The Oven is Lincoln's best option.

Lazlo's (2 Locations. 210 N 7th St, Lincoln, NE · (402) 434-5636)

A locally owned and run restaurant and brewery. If you want a nice meal and a good beer Lazlo's is a great choice!



INFORMATION PACKET

Blue or Hiro 88 (Blue: 800 R St., Hiro 88: 601 R St.)

If you are looking for sushi these are your best bets. Both are located in the historic Haymarket district downtown.

Pita & Naan (1434 O Street, Lincoln, NE)

A locally owned family restaurant, Pita & Naan offers traditional Mediterranean and Eastern food options in the heart of downtown Lincoln.

Valentino's (Multiple locations)

A Nebraskan's favorite pizza place. Val's originated in NE and continues to feed lots of Huskers. Go all out and do the buffet!

daVinci's (Multiple locations)

DaVinci's is another Lincoln favorite for Pizza and Italian food. Try the cheese steak sandwiches!

Runza (Multiple Locations)

Another Nebraska favorite. The Runza originated here in NE and is one of the first stops for many people when they return home to NE! Worth a try if you want something different.

Whole Foods /Natural Grocers

There are 2 natural grocery stores very close to the PRIME campus if you are looking to eat healthy and just want clean organic food.

What is there to do?

Historic Haymarket District/Railyard

Downtown Lincoln sports a renewed Haymarket district full of local shopping and tons of restaurants. Lincoln's nightlife spot. Worth an afternoon or evening of looking around and if you just want t

UNL Campus/Memorial Stadium

Lots of museums located on the beautiful UNL campus, including Morrill Hall (Natural History Museum) and Sheldon Art Museum. Feel free to scope out Memorial Stadium and the home of the Huskers, aka 3rd biggest town in Nebraska on game-days! Take a stadium tour to see Nebraska's Heisman trophies and national championship trophies!

State Capitol (1445 K Street)

A beautiful building with great architecture and art. Daily tours available on the hour (except noon) or feel free to peruse yourself.

Lincoln Children's Zoo (1222 S 27th St)

A fun zoo geared primarily for children but enough for everyone to see something. Can be done in 1-2 hours. Don't neglect going on a train ride!

Sunken Gardens (S 27th St & Capitol Parkway)

Located near the Lincoln Zoo, the sunken gardens are a beautiful place to walk through if you are here in the summertime to see lots of different flowers and plants.



INFORMATION PACKET

Lincoln Children's Museum (1420 P St; (402) 477-4000)

If you've got young kids who need some entertaining the Children's museum is a great place to spend an afternoon exploring and learning. Different exhibits all the time.

National Roller Skating Museum (4730 South St; 402-483-7551)

If you are (or were) really into roller-skating back in the day the national roller-skating museum is here in Lincoln. Free admission to learn and see anything you ever wanted to know about the history of roller skating!



INFORMATION PACKET