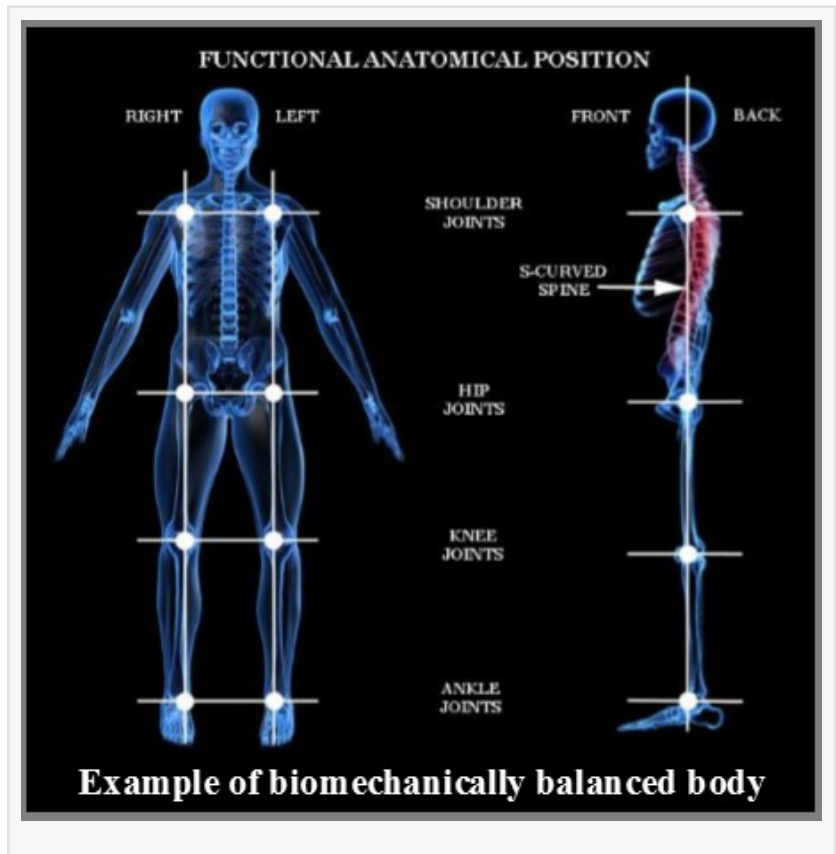


# Experts: Preventing biomechanical issues is essential

*Biomechanical imbalance issues can lead to billions in healthcare costs*

SAN DIEGO, CA, USA, March 11, 2017 /EINPresswire.com/ -- Medical, rehabilitation, and training experts all agree, a biomechanical imbalance in a person's muscle skeletal system can contribute to the cause of many common ailments. Whether it is knee pain, tight hamstring muscles, sciatica, low back pain, scoliosis, or just a reduction in flexibility, strength and speed, a biomechanically imbalanced person could be at risk for any of these conditions.

World renowned sports medicine physician, Dr. James Andrews, who as co-founder of the American Sports Medicine Institute helped support testing of devices to address these imbalances, has stated: "The youth injury rate is at an all-time high due in part to sports specific training year round which can result in severe muscle imbalances." His research was key in proving the positive effect of devices like [Protonics®](#) on promoting proper functional muscle firing patterns.



The implications for the healthcare system and overall individual fitness are enormous, as it is estimated that a minimum 1 out of 2 people will experience some muscle skeletal imbalance issue during their lifetime. Currently, individuals see physical therapists and chiropractors to help put them back in biomechanical balance. Unfortunately, this seems to be a recurring cycle, as certain physical activities, as seemingly harmless as walking, jogging, cycling and sports specific training, can reinforce an incorrect muscle firing pattern that promotes this imbalance.

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Protonics will allow the novice athlete to the professional athlete, to appreciate how to experience alternating function for any type of activity they are going to engage in that requires two legs.”

*Ron Hruska MPA, PT -  
Director of the Postural  
Restoration Institute*

As a result, pro athletes and fitness enthusiasts are now turning to a proven technology once reserved for the injured, to help put individuals in a balanced state prior to activity. According to Frank Joutras, President of Protonics Technologies: “The excitement in the new Protonics® smart wearable is in its ability to help functionally reduce left-right

muscle imbalances simply through the use of the device as part of warm-up activities. This helps reduce overall muscle tightness and pain, allowing the individual to perform better, and reducing the chance of injury."

Ron Hruska MPA, PT, Director of the [Postural Restoration Institute](#), stated in regards to Protonics® that, "this will allow the novice athlete to the professional athlete, to appreciate how to experience alternating function for any type of activity they are going to engage in that requires two legs, whether they run with it, walk with it, or workout with it, it's a great way to keep the body in a balanced state."

Protonics® is a collaboration between Protonics Technologies based in Lincoln, NE and the Sentir Technologies Robotics Lab, based in San Diego, CA. More information is available at [www.protonics.info](http://www.protonics.info).

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