

Physical therapy stop offers reflex release technique

■ *Jim Krupar of Powell Fitness uses the Primal Reflex Release Technique to relieve muscle pain in his clients at in his newly opened physical therapy center.*

By **GARTH BISHOP**

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A Powell physical therapist may not feel your pain, but he does know a way to get rid of it lightning-quick, he said.

Jim Krupar of Lewis Center opened up shop at Powell Fitness, 3605 W. Powell Road, last month.

Though he has worked as a physical therapist since 1992, it was only three years ago that Krupar, owner of Progressive Physical Therapy, began practicing Primal Reflex Release Technique (PRRT), a style of therapy that focuses on reflexes to fight chronic pain.

"It's the only technique that I'm aware of that approaches the ... reflexes," Krupar said.

A test of the relevant reflexes only takes about a minute -- the patient will react no-

ticeably when an abnormal reflex is triggered. The practitioner's job is to then work to get deep-tendon reflexes to reset, bringing them back to normal function, Krupar said.

"The abnormal (reflexes) are like a computer that freezes," he said. "A computer freezes up, and you have to reset it, kind of like a reboot."

An abnormal reflex is essentially the brain telling the muscle to stay in a protective response all the time, and that eventually becomes pain, Krupar said. It can be caused by past or present injury, illness, inflammation, even stress or nutritional problems, and the therapist asks the patient about possible causes to better determine whether the technique will be effective.

PRRT works much faster than other physical therapy techniques, said Krupar; he can tell within one or two visits whether the technique will work on a patient, and if it does work, treatment is seldom finished later than the fourth visit.

"I expect 50 percent improvement on the first visit if it's going to work," he said.

Krupar charges \$200 for the first visit -- no matter how long it lasts -- and \$50 per

15 minutes for subsequent visits.

"Usually, the subsequent visits are 30 to 45 minutes (each)," he said.

The technique will not be able to correct a serious problem like a broken bone or torn tendon, but once that problem has been corrected, the technique helps eliminate pain quickly, Krupar said.

It is particularly effective at fighting pain from fibromyalgia, sciatica, back pain and headaches, but is not limited to those areas, said Krupar.

"I've seen it work on things I didn't think it would work on," he said.

Krupar is the only fully licensed practitioner of PRRT in Central Ohio, according to the PRRT Web site, the prrt.com. It took him about two years to complete all the coursework.

"For some reason, I've always gotten the difficult cases (as a therapist), and I've always looked for better and better ways to do things," he said. "This is the first course (for which) I've seen such quick results."

More information on PRRT can be found online at theprrt.com.

Krupar can be contacted at 614-793-8344, and the general number for Powell Fitness is 614-336-0366.