

New pain relieving technique comes to Summit County

Physical therapist Ron Holthaus has seen amazing results with PRRT treatment

By LORY POUNDER
SUMMIT DAILY NEWS

FRISCO — For years Diana Alarid suffered from such intense back pain that just the slightest touch left her in agony.

She injured her spine horseback riding and has experienced chronic pain ever since.

Then, about a month ago while being treated for a herniated disk in her neck, the Frisco local met physical therapist Ron Holthaus, PTCndt. He offered to try a new technique to relieve the pain and she figured it couldn't hurt considering she has tried every treatment she could in the past, including massage, chiropractic, acupuncture and had even seen a neurologist.

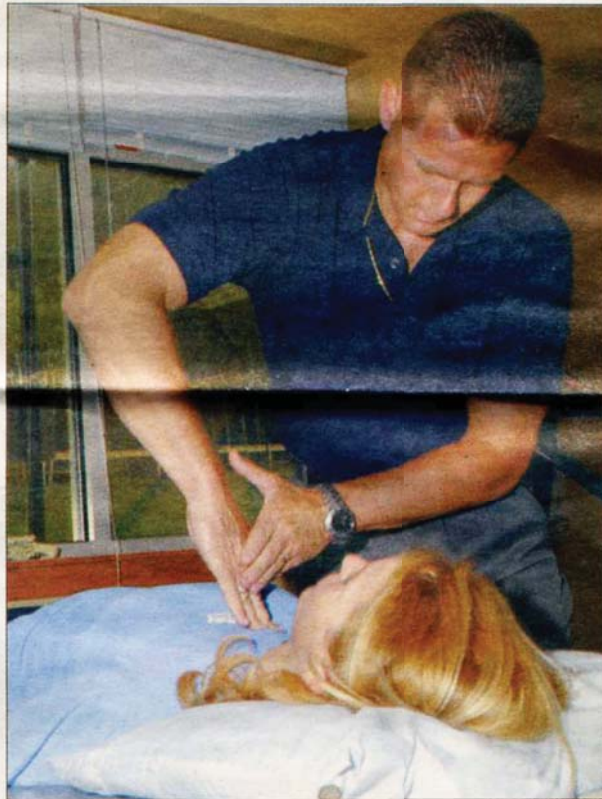
"I was just lying there afterward in amazement," she said. "It didn't hurt at all. It seems kind of strange, but it works instantly. ... I was stunned."

Holthaus, who moved to Summit County six weeks ago from Canon City, works at Avalanche Physical Therapy in Frisco. He was able to help Alarid through Primal Reflex Release Technique (PRRT). It is a relatively new form of therapy to treat orthopedic injuries, joint and muscle pain, headaches and a host of other pain conditions.

He first learned about PRRT about two years ago, attended training in Boulder and has seen amazing results since. Now, Holthaus is one of the 100 people in the country who are trained at all three levels offered.

"These results are very common with people," he said about what Alarid experienced. "They'll look at you like what you did was magic. ... The 'wow factor' we call it," he said with a smile.

He starts by checking out the patient for pain from toe to head.



Summit Daily/Mark Fox

Physical therapist Ron Holthaus works with a patient at the Avalanche Physical Therapy at the Summit Medical Center.

SEE PAIN, PAGE A3

LOCAL AND REGIONAL

PAIN:

From A1

"In a nutshell we use our fingers to go around the body and find spots that are tender. Sometimes people grimace or pull away. At any of those signs that is what you treat," he explained.

Then, he uses techniques like massaging opposite muscles or using a reflex hammer to get rid of the pain. Sometimes treating headaches starts at the calves, he said.

It's neurology based, Holthaus explained, adding that that is why people see instant results and their strength is increased immediately.

However, it is not a cure-all and does not work on all patients, he cautioned. It is proven to work about 80 percent of the time.

"If it isn't going to work, I find out quick," he said. "And if it doesn't help, it doesn't hurt either."

As PRRT grows around the country, with about 1,000 therapists trained in at least one level, more research is beginning on it, Holthaus said. "Since it is so new, not much has been done yet," he continued, adding that the creator began teaching people about three years ago.

"I'm a therapist for 20 years and this has blown everything out of the water," he said.

Patients generally only need a few

Online video

Watch a video of Ron Holthaus performing some of his pain-relieving techniques on a patient at www.summitdaily.com/PRRT.



"Presenting Summit County in High Definition"

treatments and the pain is gone, with the exception of an occasional tune-up if they are active, Holthaus said. For Alarid, it has been a month since she went for treatment and the pain has not come back.

"The results are so incredible, fast and healing," she said.