

HAWAII PHYSICAL THERAPY INC.

A QUARTERLY NEWSLETTER BROUGHT TO YOU BY
HAWAII PHYSICAL THERAPY INC.

May 2023

Spring Edition



CONTENT

A Message From Our
President and Vice President
Page 2

Roll Call - Meet Our Staff
Page 3 - 4

Spine Health
Page 5

Patient Testimonial:

"I went to see my primary care physician to address some concerns with inconsistent pain that I had been experiencing in my waist and left leg. After an initial analysis, he referred me to seek the professional assistance of Milton Kurashige at Hawaii Physical Therapy. With this being my very first experience with any type of Physical Therapy, I was cautious on what to expect . . . the primary issue was most likely sciatica. From the moment I entered the doors at HPT, I was welcomed as ohana (family). Everyone there was friendly, upbeat, professional, and personal. Milton assessed my concerns and gave me honest feedback on what was planned in the weeks ahead. A no-nonsense approach with a commitment from both the professional team and myself on how to make subtle improvements in both the near and distant future. Each exercise was tailored to stretch and strengthen my lower back and legs to decrease and eliminate my sciatic pain. Having the full attention of a PT professional watching my every movement to make sure I didn't injure myself, cause myself pain, and maintaining form and accuracy was greatly appreciated. With each visit, I started to get to know each of the team members on a first name basis. They genuinely care about their patients and their Aloha can be FELT.

Please know that you will be treated with respect and dignity in an experienced and professional atmosphere with highly trained therapists. The entire team here have my highest recommendations and after your very first visit, they will have yours as well."

Fondest Aloha,
Marc Makali'i



President's Message

by Milton Kurashige, P.T.

As a Physical Therapist, I interact with people of all ages and all go through life dealing with physical challenges. Often, I hear an easy excuse, "It's old age." However, if you want to optimize your body for physical fitness and performance, you need to have a complete evaluation of your body, set goals, and have a complete health and fitness program. Regardless of age I believe you should train 3-5 times a week.

Many people overlook bad posture which leads to postural abnormalities and compensatory movement patterns. The problem is, these postural issues and compensations become deeply ingrained and difficult to correct. We incorporate modalities, soft tissue and joint mobilization, exercises, and functional movement patterns to restore dynamic postural alignment.

It is not just about getting better- it is about preventing potential injury. Whether it's a professional athlete or a weekend warrior, physical therapy can help improve performance and reduce the risk of injuries.

Vice President's Message

by Harvey Nakamoto, P.T.

What is Good Posture or Bad Posture?

There are several types of posture: standing, sitting, gymnastics, weight lifting, etc. And then there is posture that is related to Physical Therapy. To a P.T., a good posture is one that minimizes the stress on supporting muscles, ligaments, bones, and the nervous system.

Classic Posture: In a standing position; lean back against the wall with your feet placed 3-6 inches away from the wall. Head and shoulders should be back against the wall. Ears should be in straight alignment with the shoulders, knees, and ankles. Lumbar curvature should not be overly pronounced, which can be controlled by doing the pelvic tilt.

Proper Sitting Posture: At the computer for instance, forearms should be placed on the armrests of the chair at a 90 degree angle where the hands can rest on the keyboard approximately 20 degrees wrist extension with the support of wrist pads (carpal tunnel pads), and the monitor height should be at levels where the user can look straight ahead, as opposed to down or up. A lumbar support with a small pillow or loosely rolled bath towel to maintain a normal curvature in the lumbar region. The chair's height should be such that feet are rested flat on the floor and knees bent at 90 degrees. Transcription material should be suspended at eye level slightly to one side of the monitor.

It is clear that assuming the posture illustrated above for the most parts is impractical, and maybe downright impossible for some people. We see posture as a position that we try to emulate. The closer we can achieve these positions, the less stress we will have on our physical structure. A P.T.'s job is not only to show you what you need to achieve good posture, but also teach you to accomplish these goals.

These "tools" are your strength and flexibility through exercises that achieve this posture. A Physical Therapy visit will start with an evaluation to see where you are and where you should be and to teach you the skills you need to achieve it. So come visit us and let us show you how.



Meet Our Volunteer

Natalie Monge

"I am originally from Los Angeles, California but have been living in Hawai'i for the past 6 years. I started with the company in November 2023, and graduated with a bachelor's degree in Kinesiology & rehabilitative sciences from University of Hawai'i at Mānoa in May of 2022. I hope to become a PT in the very near future."

Meet Our PT Aides

Tianna Doctor

"I have been with the company since June 2021, and will be graduating with a Master's Degree in Athletic Training from the University of Hawaii at Mānoa in May 2023. I enjoy working at HPT because of the staff and the patients that we see. Working with these patients lets me incorporate the skills that I have learned, into my everyday working life."

Ashton Gray

"I started with the company in June 2021, and will be graduating with a Bachelor's Degree in Kinesiology & Rehabilitative Sciences from the University of Hawaii at Mānoa in May 2023. My next goals in life are to obtain a doctorate as a Physical Therapist when moving back to the mainland. I feel that the best part of my job is seeing patients improve."

Kennedy Ishii

"In 2022, I graduated from Bates College (Lewiston, ME) with a Bachelor's of Science Degree in Biology. I started working with the company in July and have since enjoyed working with such a caring and skilled staff. In August, I will be attending Puget Sound in Washington to obtain a doctorate degree in Physical Therapy."

Roll Call





Meet Our PTAs

Chad Kurashige

"In 1990 I graduated from University of the Pacific (Stockton, CA) with a BS degree in Sports Medicine. I then got my PTA certification at Kapiolani Community College in 1995. I enjoy working in the family business under my father, Milton Kurashige, and hope to be as knowledgeable as him one day."

Kimberly Okaneku

"I graduated from Pacific University (Forest Grove, OR) in 2012 with a BS degree in Exercise Science with Integrated Physiology. Attended Kapiolani Community College and received an AS degree in Physical Therapy Assistant in 2014 and was licensed in 2015. Has been working for HPT since 2013 as an Aide, Receptionist, and now Licensed PTA."

Meet Our LMT

Nicole Staunton (Nikki)

"I Graduated from Chamimade University of Honolulu in 2009 with a Bachelors in Biology. Attended Kapiolani Community College Massage Therapy School and became licensed with that State of Hawaii in 2011. Been working with Hawaii Physical Therapy since 2005. Starting off as a volunteer. Then moving to aid. To now being an aid and massage therapist."



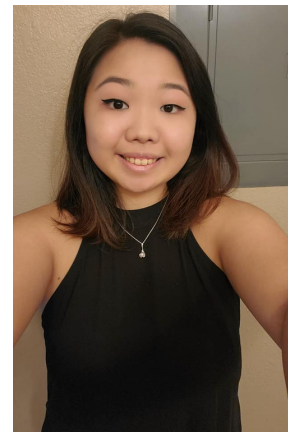
Meet Our Front Desk Staff

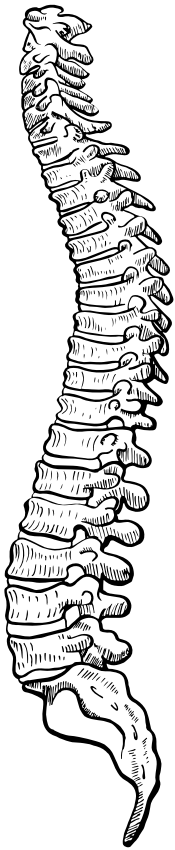
Kathy Steinhoff

"I have been working for my father's business for 30+ years in various positions including front desk reception, and housekeeping of the facility. I enjoy helping my dad build his business and watch his patient's thrive as they rehabilitate."

Madisyn Sim (Madi)

"I started with the company in 2015 as a volunteer working under Milton. Over the years, I kept in contact with the faculty and was offered a job in 2019. After working at the Queen's Healthcare System, I returned to the company in 2020 to be the Office Manager. I love working with our staff and patients."





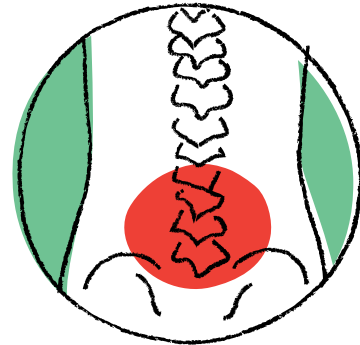
Spine Health

Why Does My Back Hurt?

Low back pain is caused by injury to a muscle (strain) or ligament (sprain).

Common causes include:

- Improper lifting
- Poor posture
- Lack of regular exercise
- Fracture
- Ruptured disk
- Arthritis.

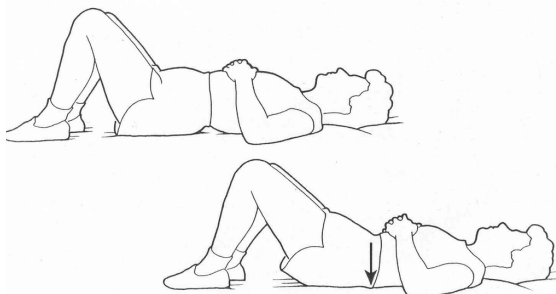
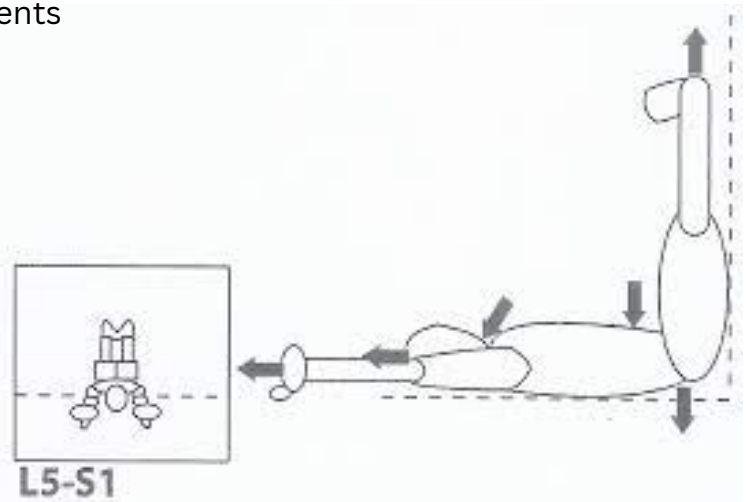


Interesting Spine Facts:

- The spine usually consists of 7 bones in the neck, 12 in the upper back and 5 in the lower back, and the sacral and coccygeal bones beneath.
- The spinal cord is part of the central nervous system and is contained inside the spine. The rope-like cord ends two thirds of the way down the back. Below that it is medically known as the ‘cauda equina’ which means ‘horse’s tail’, so named because the strands of nerves inside the spine look like... you guessed it: a horse’s tail!

Why Choose ELDOA?

- Fights effects of sedentary work environments
- Restores spine curvature for
 - Forward head posture
 - “C” Posture
 - “S” Posture
- Effective for all ages
- Improves athletic performance
- Patients feel effects almost immediately
- No equipment needed
- Reduced pain
- Improved strength
- Improvement in joint mechanics



Quickie Exercise: Pelvic Tilt

Lie on your back on the floor with your knees bent. Flatten your back against the floor by tightening your abdominal muscles and bending your pelvis up slightly. Hold for up to 10 seconds. Repeat 10 times.