



# HAWAII PHYSICAL THERAPY INC.

A quarterly newsletter brought to you by Hawaii Physical Therapy Inc. [July 2020, Summer]

## President's Message

With the continuing decrease in the coronavirus crisis, Hawaii Physical Therapy Inc. has reopened the office full time by maintaining the facility and staying in touch with our patients and physicians. We are requiring that face masks be worn, and temperatures will be check upon entry.

In our last newsletter, I stressed the importance of good dynamic postural alignment achieved by our ELDOA exercise program by making good body mechanics a habit. Now we want to further inform and amend how the neck plays a vital role in the active stabilization and functional mobility to improve dynamic postural alignment. By having the neck in good alignment, the rest of the body falls in alignment more easily.

For cervicogenic (neck) pain, stiffness, dizziness, headaches, and even golf performance, the combination of dynamic postural alignment using ELDOA and SNAG, manual therapy using soft tissue mobilization to the deep neck musculature and joint mobilization, therapeutic exercises for mobility, stability, and endurance were very highly effective in long term improvements and performance.

Thank you again for your support and look forward to continuing to work with all of you. If you have any questions regarding cervicogenic treatments, please contact me any time. Hope you had a Happy Independence Day!!!!

Aloha,  
Milton Kurashige, PT  
President HPT Inc.

## Vice-President's Message

Headaches are common in our everyday life. For the most parts, headaches are benign and passes without any treatment or concerns.

When headaches persist or are frequently recurring, medical intervention may be necessary to rule out the serious complications of headaches. (i.e. brain tumors, concussions, stress, vision and neck problems, etc.)

After getting medical clearance for the more serious problems, headaches may be caused by a treatable diagnosis. Physical therapy can help you to relieve your symptoms using our physical therapy modalities. (i.e. hot/cold packs, electrical stimulation [ESTIM], ultrasound, mechanical traction, laser therapy, along with manual therapy of massage, MTX, joint mobilization, postural training, aerobic exercise to relieve stress etc.)

If you have frequent headaches, see your doctor to find out if the cause is treatable and can be helpful using conservative treatment. If it is, have your doctor refer you to Hawaii Physical Therapy, Inc, to see one of our experienced Physical Therapists. As a reminder our clinic has now opened with regular hours, as stated below. In addition, we have instituted extra cleaning and disinfecting of our clinic, plus requiring all employees and patients to wear face masks, as well as daily pre-treatment temperature checks to ensure the safety of our staff and patients. Pre-treatment questions regarding travel history and flu-like symptoms, will be asked prior to 1<sup>st</sup> treatment.

- Harvey M. Nakamoto, P.T.  
Vice-President HPT Inc.

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### Hours of Operation:

**Monday, Wednesday, Friday**  
8:00AM-5:00 PM; Lunch 12:00-1:00  
**Tuesday, Thursday, Saturdays**  
8:00AM-12:00PM



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## Updates About HPT

### New Volunteers:

#### Karin Sasaki

Karin is currently a senior at UHM studying Kinesiology to become a Physical Therapist specializing in sports biomechanics. She intends on graduating in the Spring of 2021. She then plans on pursuing her education in P.T. at Long Beach State University.

#### Makoa Paresa

Makoa is currently a senior at Creighton University studying Exercise Science and Psychology. He intends on graduating in the Spring of 2021. He then plans to attend the Creighton University Physical Therapy Program.

#### Brandon Kennedy

Brandon graduated from Mililani HS in 2018. He is currently a student in the Work Hawaii Youth Program to gain experience in a working environment. He aspires to be Police Force Officer.

### Moving On:

Former volunteer (2015) and current employee (2019-2020), **Madisyn Sim** has been accepted to her new career opportunity working at Queens POB 3. She will be working for the office of Nadine Tenn Salles M.D.



Photo#1: Volunteers Makoa, Karin, Brandon



Photo #2: Milton and Harvey With Madisyn

## Term of the Day: Cephalgia

**Common Name:** Headache

**Definition:** "Painful sensation in any part of the head, ranging from sharp to dull, that may occur with other symptoms"

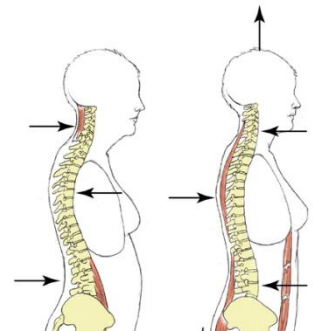
**ICD 10 Code:** R51

## Neck Exercises:

### Axial Extension

Sit in a chair and tuck your chin in. Feel the top of your head pulling towards the ceiling while sitting nice and tall.

**Hold for 5 seconds and Repeat 10 times.**



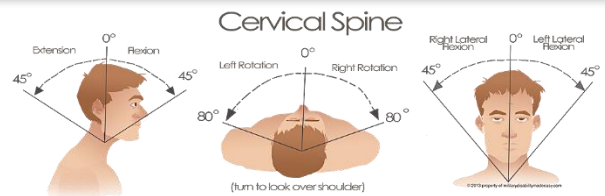
### Cervical Range of Motion:

**Position #1:** Tilt the head forwards and then backwards.

**Position #2:** Turn the head facing left and then right.

**Position #3:** Tilt the head to the left then the right side.

**Hold for 5 seconds each position. Repeat 10 times.**



## Testimony:

I love this place. Everyone is supportive and encouraging. The staff shows love and compassion towards all of their patients. I truly believe that I have improved, and Milton Kurashige has expressed that I am doing much better than when I first started. All the exercises that I have learned/performed, and "homework" has greatly improved my flexibility. I wish that I could continue my physical therapy longer."

– Herbert Murata

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