

HAWAII PHYSICAL THERAPY INC.

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



PATIENT TESTIMONIAL

"I came to Hawaii Physical Therapy Inc. about 8 years ago after I suffered from a stroke, Milton and his crew helped me learn how to care for my body and take my recovery into my own hands. I also currently treat my sciatica issues and have been getting stronger everyday. I thank the whole team at H.P.T. and I have recommended their services to several friends."

Mahalo Nui,
Michael Boe

President's Message

by Milton Kurashige, P.T.

As the President of our esteemed organization, I want to take a moment to address a common issue that many individuals face - neck pain.

Neck pain affects countless people worldwide and can have a significant impact on their quality of life. As physical therapists, we play a crucial role in providing relief, support, and rehabilitation to those suffering from this condition.

Our commitment to evidence-based practice allows us to develop targeted interventions, personalized treatment plans, and comprehensive care for individuals experiencing neck pain. By staying up-to-date with the latest research and advancements in the field, we can continuously improve our approach and ensure better outcomes for our patients.

Beyond treating neck pain, we also aim to educate and empower our patients with self-management techniques and exercises. By providing them with the tools to take charge of their own well-being, we can promote long-term relief and overall health.

Our staff at Hawaii Physical Therapy Inc., is dedicated to helping those with neck pain regain their mobility, reduce discomfort, and reclaim their lives. Our collective efforts will not only enhance the lives of our patients but also reaffirm the invaluable role of physical therapy in promoting overall well-being.

Sincerely,
Milton S. Kurashige, P.T.

Vice President's Message

by Harvey Nakamoto, P.T.

Over the years in our Physical Therapy practice, neck and low back problems have been the most prevalent ailments. A major contributor for neck problems has been due to using the computer in a non-optimal posture for hours at a time.

Neck problems can manifest itself in neck pain, shoulder pain, upper extremity pain, and/or numbness, headaches, dizziness, blurred vision to name a few.

Treatment:

- After an evaluation by a physical therapist to assess pain, stiffness, weakness, posture etc. a treatment program is established which may include:
 - Modalities to decrease pain and tightness.
 - Manual therapy including massage, electrical stimulation, mechanical traction, ultrasound, laser therapy, manual traction, joint mobilization, myofascial release, posture corrective exercise to increase range of motion, strengthening, and stabilization to the neck and related structures.
 - Instruction to improve posture to minimize mechanical stress on the neck, shoulders and upper back
 - Suggestions to work position, height of monitor, height of hand on keyboard, height of forearm in order too minimize stress on upper trapezius (shoulder muscles)
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General Rule of Thumb when Sitting at a Computer:

1. Computer monitor should be eye level and straight ahead. If using bifocals, remember to keep your eye glass in the correct position and not sliding off your nose.
2. Your material for transcribing should be elevated to the height of the monitor and slightly to one side.
3. Chair's armrests should be high enough to keep hands on the keyboard at approximately 90⁰ degrees of elbow flexion and hands, with wrist resting on a carpal tunnel pad in front of the keyboard.
4. Seat height should be where the feet are resting on the floor, with knees at approximately 90⁰ degrees of flexion.
5. Take a 30 second break to do range of motion exercises to neck and shoulders, every hour, or as needed to decrease discomfort.

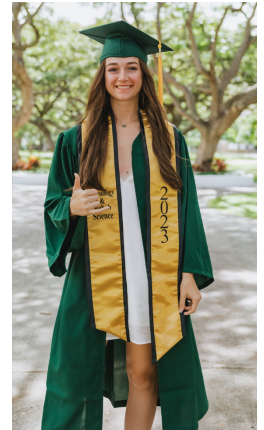
n rare circumstances when Physical Therapy Procedure can't resolve the problem, numerous alternatives have been known to helpful to a certain extent including chiropractic, massage therapy, acupuncture, and as a last result surgery can be considered if symptoms can not be resolved and if the patient cannot live with it. Surgical alternative should be considered, only if structural abnormality can be corrected as recommended by the surgeon and not just merely pain.

What's News At HPT Inc.?

Newly Graduated

This past spring semester, at the University of Hawaii at Manoa, two of our PT Aides have graduated with their bachelors degree and master's degree.

Ashton Gray graduated with a Bachelors of Science in Kinesiology and Rehabilitative Sciences. Her next aspirations are to obtain a Master's Degree in Kinesiology and Rehab Sciences before going to Physical Therapy School.



Tianna Doctor graduated with her Masters in Athletic Training. She plans to complete the certification test and pursue a career in Professional Athletic Training utilizing her experience working in the PT clinic.

Heading On To P.T. School

Our Physical Therapy Aide, Kennedy Ishii, will be leaving our clinic at the end of July to pursue a Physical Therapy Degree at University of Puget Sound.



New Addition to the HPT Ohana

Physical Therapy Assistant, Kim Okaneku, gave birth on April 25, 2023 to Myla Emiko Okaneku Venenciano. Congratulations to the Okaneku and Venenciano families for their newest addition to their family.

Enjoy Playing Golf?

Try Out the HPT Golf Program Led by Golf Enthusiast Milton Kurashige



The golf program led by golf enthusiast Milton Kurashige, is a cash / check pay program which lasts for 6 or 12 sessions. This program focuses on an evaluation of the current body strengths and weaknesses working on the mechanisms of the body and strengthen the necessary muscles to play golf.



SESSIONS

5 Sessions + 1 Free Session

10 Sessions + 2 Free Sessions

Cash or Check Only

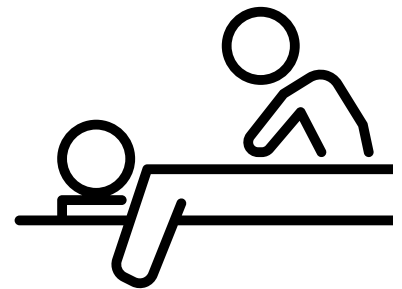
PRICE

\$375.00

\$780.00

For more information or to schedule, please inquire with our front office staff.

Know of Someone Who Needs a Massage?



Please feel free to ask our front office staff about our self-pay massages. No prescription is required for this service. We are available to schedule massages with therapist Harvey Nakamoto, or LMT Nikkie Staunton.



TIMING

1 Hour Massage

1.5 Hour Massage

Cash or Check Only

PRICE

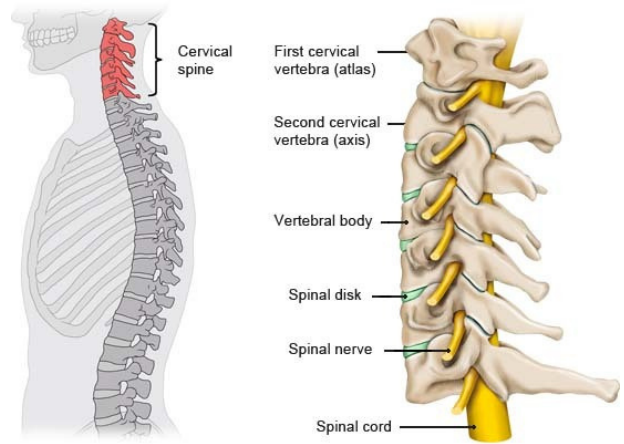
\$100.00

\$140.00

Types of Neck Pain

Axial pain is mostly felt in the part of the spine that belongs to the neck (cervical spine), and sometimes spreads to the shoulders.

Radicular pain shoots ("radiates") along the nerves – for example, up the back of your head or down into one of your arms. This type of pain is usually caused by irritated nerves – for instance, because one of the spinal disks in the neck area has changed and is pushing against a nerve. That may also affect your arm reflexes and muscle strength or result in a tingling feeling ("pins and needles").

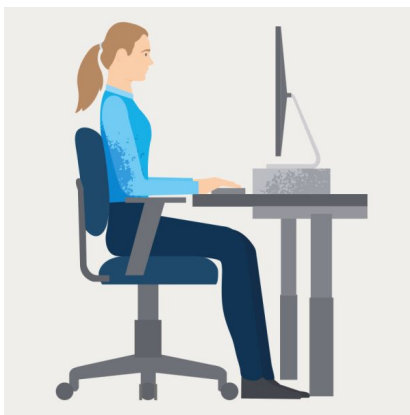


Structure of the cervical spine: Bones, spinal disks and nerves

Available from:

<https://www.ncbi.nlm.nih.gov/books/NBK338120/>

Are You Sitting Properly At The Computer?



- The top of your computer screen should be level with your eyes.
- Your screen should be around an arms-length away from you.
- Your keyboard should be below your elbows.
- Sit right back in your seat, so your lower back is supported by your chair.
- Your seat should be at a height that supports your thighs at the front and back.

Quickie Exercise for Neck Pain

Cervical Range of Motion Exercise:

- Extension and Flexion (Forward and Back)
- Left and Right Lateral Flexion (Tilt Left and Right)
- Left and Right Rotation (Look Left and Right)

KEY NOTES:

- *** Hold each position for 5 seconds
- *** Repeat 10 times per position
- *** Always Start and Return to Neutral Position



Extension



Flexion



Left lateral flexion



Right lateral flexion



Neutral



Left rotation



Right rotation