



# HAWAII PHYSICAL THERAPY INC.

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

## President's Message

### Dear Physicians and Friends,

Hawaii Physical Therapy like other Hawaii's business community are struggling to keep working and employees on payroll due to the Coronavirus pandemic. Our first priority is to the health and safety of our patients and employees.

However, our quest remains to provide the best care and maintain the commitment to our patients and support for our physicians. I have always stressed postural alignments and good body mechanics in my practice, but still get c/o pain and dysfunction from patients due to mobility restrictions after long sitting, standing, walking, golfing, etc. Fascia is the most restrictive tissue in our body and causes mobility restrictions which lead to postural abnormalities and compensatory movement patterns. I have taken a course called **ELDOA EXERCISE PROGRAM** and been using it in my practice and have experienced some remarkable results. ELDOA is a method of exercise that "create space" which decompresses and elongates the fascial tissues, vertebral spine, joints, and nerve roots to improve functional mobility. The program consists of exercise instructions, myofascial stretches, global postural stretches, and warm ups. I've been doing soft tissue mobilization, corrective exercises, and stretching techniques for many years with the goal of improving pain, postural alignments, and joint mechanics. Although I've received very good results, the benefits of practicing this Eldoa program with global postural stretches, and making good body mechanics a habit far eclipse my previous corrective endeavors. I have noticed greater mobility in joints and stronger posture within a shorter period of time and improving functional movements.

Thank you for your support and look forward to continuing to work with all of you. If you have any questions or would like to learn more about Eldoa, please contact me.

**-Milton S. Kurashige, P.T.**

## Vice-President's Message

### Dear Physicians and Friends,

I hope this note finds you all safe and healthy.

And... yes, Hawaii Physical Therapy INC is open to help with your physical therapy needs.

It has come to my attention that doctors and patients alike are under the impression that Hawaii Physical Therapy is closed due to the Coronavirus Pandemic. In Reality we did close down for a short period of time (1 week) at the beginning to address how we need to approach this issue.

We have sifted through a lot of information and misinformation to arrive at our office protocol. We also continue to change as new information becomes available.

We have completed deep cleaning and disinfecting of our treatment rooms, exercise equipment, office, and reception area even more than we normally do. Our staff wear face masks and examination gloves if they come in close contact with patients.

As of today (April 21, 2020) Governor Ige said that we were looking to extend "shelter in place" order for a longer period past the April 30, 2020 initial order. We are considered "essential worker" being in the medical field so we are able to see patients for treatment.

Just as a reminder, we are open half days, 8AM to 12PM, on Monday to Saturday and will extend office hours as needed. We are available to serve your needs. If you do not feel comfortable about coming in at this time, for fear of contracting the virus, I understand, but I am letting you know that we will be available when you feel comfortable.

Take care and be safe to all.

Hope to see you all soon. **-Harvey M. Nakamoto, P.T.**

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## Updates About HPT

### 2019 Christmas Party

As our HPT family gathers for the holidays at our 2019 Christmas Party hosted at Gen Yakiniku restaurant located at Pearl Ridge Center, we get ready for another year of excitement with new and returning patients. We are thankful for all the wonderful referrals we have received from our local doctors.



### Moving forward:

Former volunteer and current employee, Julia Magno has just recently been selected to be a part of the 2023 Physical Therapy Class at University of Saint Augustine at San Marcos.



(On the Left: Julia is demonstrating the translation of the spine ELDOA exercise)



## Corona-Virus Update

### What We Are Doing to Stay Safe for Our Patients...

- Frequent washing of hands
- Utilizing facemasks and gloves when working with patients
- Avoid close contact with patients and between patients (6 feet social distancing)
- Stay at home when feeling sick
- Disinfecting common areas, exercise equipment, and treatment rooms after use

## ELDOA

### Unlocking Mobility and Improving Posture: 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

<https://drjohnrusin.com/eldoa-method/>

## Testimony from a Patient of HPT Inc.

### Tribute to Milton Kurashige and Hawaii PT,

About 15 years ago, I was referred to HPT for neck pain and shoulder, upper arm pain and numbness. Milton Kurashige set up an exercise and therapy program where I fully recovered and avoided spinal surgery. At that time, I noticed he had the golf exercise program. About eight years ago, I started Milton's golf exercise program which emphasized exercise and stretching and the golf swing. It really improved my flexibility and added consistency to my golf game. Two years ago, at 77 years old, I retired from golf but still go to Hawaii Physical Therapy Inc., to exercise, stretching to maintain my neck, back, arms, legs, flexibility and strength.

- Bob Akinaka

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