



HAWAII PHYSICAL THERAPY INC.

A quarterly newsletter brought to you by Hawaii Physical Therapy Inc. [October 2019, Autumn]

President's Message

Dear Physicians and Friends...

October is Fall Prevention Awareness Month: "An ounce of prevention is worth a pound of cure."

At Hawaii Physical Therapy Inc., we are dedicated to helping anyone with our Fall Prevention Program. By being trained to be movement experts with knowledge and skills; in identifying, measuring, and improving balance systems, deficit functional limitations, strength and flexibility deficits that have shown to contribute to falls, we can best serve our patients.

Our treatment programs go beyond isolated exercises. It includes the functional progression of fundamental movement patterns to help restore and enhance functional activities to prevent the risks of falling.

Until next time, we at Hawaii Physical Therapy Inc. are committed to your well-being.

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Figure 1: Milton Kurashige, PT working on patient's posture.



Figure 1: Harvey Nakamoto, PT stabilizing patient on balance ball exercise.

Vice-President's Message

Dear Physicians and Friends...

There can be lots of reasons for "falls", especially in the senior population. Lots of the falls can be prevented or at least minimized with appropriate training. Please ask your doctor to be referred to Hawaii Physical Therapy Inc. for an evaluation for the fall prevention program and to establish a training program that fits your needs. If we can reduce the incidences of falls, this may prevent possible injuries that may lead to long-term disabilities.

"Be Safe!"

Harvey M. Nakamoto, PT



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Fall-Prevention Program

Data from the National Council on Aging: (Updated in 2019)

- 1 in 4 Americans aged 65+ falls each year
- Every 11 seconds, an older adult is treated in the ER for a fall; every 19 minutes, an older adult dies from a fall
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults
- The financial toll for older adults falls is expected to increase as the population ages and may reach \$67.7 billion by 2020

How Can Physical Therapy Help?

Our Fall Prevention Program includes:

- Patient Screening and Assessment
- Flexibility and Strengthening Exercises
- Center of Gravity Control Training
- Multi-sensory Training
- Postural Strategy Training
- Gait Pattern Enhancement and Variation Training
- Assess falls risk
- Design individualized falls-prevention plans
- Provide appropriate interventions to decrease falls risk

How to Enroll Into the Program?

You will need a physical therapy prescription from your physician.

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Frequently Asked Questions about the Fall-Prevention Program

- Who can benefit from this program?
 - Anyone with trunk and leg weakness, poor balance, history of falls or near falls, difficulties standing or walking.
 - Healthy, active seniors with balance concerns.
- Is this program covered by insurance?
 - Yes. The Fall Prevention Program is covered by Medicare and most major private insurances for qualified medical conditions.
- What diagnosis codes are covered?
 - Abnormality of Gait (R26.9)
 - Lack of Coordination (R27.9)
 - Difficulty Walking (R26.2)
 - Muscle Weakness (M62.81)
 - Parkinson's disease (G20)
 - Post-Surgery (Hips, Knees, etc.)
- How many sessions are needed?
 - Each patient has different needs. Most patients are usually scheduled for 2-3 weekly sessions for 1-2 months.

Testimonies from our Patients

"I feel that my time during the fall preventive program was very effective. It was as if I had learned how to walk again but properly this time around. As a senior, I feel that the ability to walk without falling is primary, so it was a good awareness program. I feel that I have absolutely improved since participating in the program, and haven't fallen since. I liked that the program was hands on because all staff are positive and aware of patient needs. – Deanna Sakamoto