



HAWAII PHYSICAL THERAPY INC.

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

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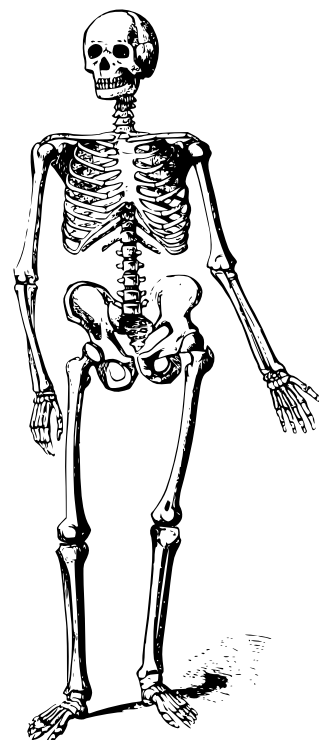
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PATIENT TESTIMONIAL

"Before I started physical therapy, frequent falls were a constant fear, and my mobility was severely limited. The staff at Hawaii Physical Therapy Inc. are so kind and helpful. They guided me through a personalized exercise plan, balance training, and education. I've not only regained my confidence in movement but also my independence. I can't thank them enough for their expertise and dedication. They truly helped me reclaim my quality of life, and for that, I am forever grateful."

Anonymous Patient



Contact Us For More Information on

Physical Therapy For Gait Instability & Balance Problems

Ph: 808-596-7200 Fax: 808-596-0097

President's Message

by Milton Kurashige, P.T.

As the days grow shorter and weather becomes cooler, we welcome the Fall season with open arms. It's a time of transformation and reflection, and in that spirit, we're excited to bring you our Fall newsletter.

Fall Fitness: Stay Active and Injury-Free

Fall is the perfect season for outdoor activities like hiking, biking, jogging, golfing, etc. However, it's important to remember the importance of injury prevention. In this issue, our expert physical therapists share tips on how to stay active while reducing the risk of injuries.

Therapy Spotlight: Managing Fall-Related Injuries

This season, we shine a spotlight on the critical role physical therapy plays in helping those who have experienced fall-related injuries. Our dedicated therapists share success stories and insights into effective treatment plans for a quicker and smoother recovery.

Thank you for being a part of Hawaii Physical Therapy Inc. As we enjoy the beauty of the Fall season, let's continue our journey towards better health and wellness together.

Wishing you a joyful and active Fall season.

Warm regards,
Milton S. Kurashige, P.T.
Hawaii Physical Therapy Inc., President



Vice-President's Message

by Harvey Nakamoto, P.T.

As the Vice President of Hawaii Physical Therapy Inc., it is with great pleasure that I address you in this Fall-themed newsletter. This season marks an opportunity for our community to recommit to our well-being.

Physical therapy can reduce frequent falls by:

1. **Assessment:** Identifying fall risk factors like muscle weakness, balance issues, and gait problems.
2. **Customized Exercises:** Creating tailored exercise routines to improve strength, balance, and flexibility.
3. **Gait and Balance Training:** Enhancing coordination and stability during walking.
4. **Functional Mobility Training:** Practicing daily activities safely.
5. **Education:** Teaching fall risk awareness and safe movement.
6. **Home Assessment:** Suggesting home modifications for safety.
7. **Assistive Devices:** Recommending mobility aids when needed.

Regular therapy sessions and follow-up visits ensure progress and adjustments, reducing the risk of falls.

Your engagement drives the heart of Hawaii Physical Therapy Inc. Reach out to us with your questions, suggestions, and contributions at hawaii.hpt@gmail.com or call our front office staff at 808-596-7200.

Wishing you a vibrant and healthy autumn.

Harvey M. Nakamoto. P.T.

Hawaii Physical Therapy Inc., Vice-President



How to get up from a fall

1. Prepare



Getting up quickly or the wrong way could make an injury worse. If you are hurt, call for help using a medical alert service or a telephone.



Look around for a sturdy piece of furniture, or the bottom of a staircase. Don't try and stand up on your own.



Roll over onto your side by turning your head in the direction you are trying to roll, then move your shoulders, arm, hips, and finally your leg over.

2. Rise



Push your upper body up. Lift your head and pause for a few moments to steady yourself.



Slowly get up on your hands and knees and crawl to a sturdy chair.



Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.

3. Sit



Keep the other leg bent with the knee on the floor.



From this kneeling position, slowly rise and turn your body to sit in the chair.



Sit for a few minutes before you try to do anything else.

Talk to your primary care provider about having a fall-risk evaluation. The fact that you have fallen once means you have a high risk of falling again.

Top 6 Tips To Prevent Falls

- Schedule annual appointments with your health care provider.
- Keep Moving
- Wear Sensible Shoes
- Remove home hazards
- Light up your living space
- Use assistive devices.



Different Types of Assistive Devices

The Correct Posture When Using A Walker

