



Hawaiian Rehab News

Hawaiian Rehabilitation Services, Inc.

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Utilizing Smart Phone Apps in Physical Therapy Practice

By Vadim Ciobanu, PT, MPT

There are new and exciting smart phone applications that can assist both patients and therapists in achieving rehab goals. Clinics providing PT can enhance their services and provide better quality care utilizing these tools. These specialized apps focus on patient and clinician education/learning, serve as diagnostic and progress tracking tools, and assist with exercises and therapeutic activities.

Following is an explanation of some of these Smart Phone apps and their use in physical therapy practice.

Spine Decide, Hip Decide, Shoulder Decide: Free for personal use; to add prescription option for patients-\$20/month. For iPhone, iPad, Android. Primary goal: to teach patients on common orthopedic conditions/pathologies. The app includes interactive 3D animations to explain anatomy and dysfunctions.

MapMyWalk: Free for iPhone, iPad and Android. It tracks the route, time, distance (miles), speed (min/mile), pace and calories in real-time for their fitness activities using their GPS enabled mobile device. Speed can be converted from min/mile to mph or mps using online converter tools.

3D Brain: Free for basic use, \$1 for high resolution images. For iPhone, iPad and Android. Discover how each brain region functions, what happens when it is injured and how it is involved in mental illness. Each detailed structure comes with information on functions, disorders, brain damage, case studies, and links to modern research.

Clinical Pattern Recognition (CPR) LBP: Free-limited use, \$10 for full version. For iPhone, iPad. Involves evidence based pain pattern recognition, hypothesis generator, guideline

based classification, patient videos, manual therapy, movement analysis, exercises, special testing and patient education to manage patients with LBP. Over 300 examination, movement analysis, manual therapy and exercise videos.

Utilizing smart phone applications is very appropriate considering the growth in the use of these technologies. Clinicians who embrace these new trends and use in their practices can help improve quality care, and satisfy client referral, and third-party requirements.



UTILIZING 'BACK-SHU' POINTS TO RELAX THE NERVOUS SYSTEM

Back-Shu points are specific points on the back where the qi of the respective organs are infused. It is stated that "in the Back-Shu points, you are looking for reactionary spots of tenderness and soreness, or the points on which pressure exerted relieves pain and discomforts of the patient (Chapter 51 of *Miraculous Pivot*)."

Located 1 1/2 cun (1 cun = approx. 1 inch) out from the center of the spine bilaterally, these points are used to diagnose and treat internal organ disorders. Found on the Urinary Bladder Meridian, these points begin with the Back-Shu point of the lung at the level of the lower border of the spinous process of the third thoracic vertebrae, and end with the Back-Shu point of the urinary

bladder at the level of the second posterior sacral foramen. In practical experience, it is found that massaging all the Back-Shu points will produce a profoundly relaxing effect to the nervous system and is frequently included as the culmination of an acupuncture treatment.



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Insurance and Clinic Update

Hawaii Congress passed a bill which provides mandated coverage for "autism spectrum disorder" by insurance companies. This coverage will allow treatment of a variety of disabilities within that category including sensory-motor integration, motor apraxia, fine motor and gross motor incoordination, "restlessness" and attention deficits. Our team of OT and PT have specialty interests in this population and our large KEIKI GYM provides a safe structured environment for treatment..

Our continued custom orthotic program for foot and ankle pain provides treatment for patients with a variety of diagnoses including

plantar fasciitis, Achilles tendonitis, Morton's neuroma, hammer toe deformity, ankle pain, over pronation, and ankle sprains. In addition to Physical Therapy for pain relieving treatments, manual therapy for joint and soft tissue mobilization, exercises for motor control and strengthening, our temporary and permanent orthotics are custom fitted to the patient for immediate and long term benefit, to correct acquired deformity, treat acute trauma and/or accommodate for permanent mechanical deficits.



INSURANCE UPDATE:

Acupuncture and Massage

Hawaiian Rehab is a LICENSED MASSAGE ESTABLISHMENT!

Family Health Hawaii covers Acupuncture and Massage treatments. AlohaCare Advantage covers Acupuncture. HRS is a provider for Family Health Hawaii AND AlohaCare Advantage. Private insurance plans who have an ASHN (American Specialty Health Network) rider are also eligible for coverage for these services through Hawaiian Rehab!



NEW STAFF PROFILES

Hawaiian Rehabilitation welcomes 2 new staff members to its team of therapists. We are excited to expand the diversity of our staff and treatment styles.

Kate Edwards, PT, DPT, joined Hawaiian Rehabilitation Services in Sept. 2015. She received her undergraduate degree in Health Science from Bradley University in Peoria, IL, and her Doctorate in Physical Therapy from Governors State University in Illinois. Kate worked at MacNeal Hospital outside of Chicago, where she developed special interest and skills in spine assessment and care, in addition to treating other orthopedic and neurological conditions.

Kate is originally from Chicago and decided to move to Kona as she has family living on the Big Island. She relocated with her husband and Welsh Corgi, Cammi. Together they enjoy camping, hiking and snorkeling.

Vadim Ciobanu, PT, MPT, joined HRS staff on August 10, 2015. He received his Masters in Physical Therapy from North Carolina State University in 2009. His Physical Therapy work experiences covers outpatients and inpatients with orthopedic and neurological disabilities, as well as home health services. Vadim also holds degrees in Microbiology and Epidemiology, and IT engineering. He worked

in the Department of Microbiology at Wake Forest University Health Science.

Originally from Moldova, Vadim was on the faculty in the department of Microbiology at Moldova State University of Medicine. He is an active member of the American Physical Therapy Association and in his spare time enjoys participating in water sports, Taekwondo, hiking and alpine skiing.



CONTINUING EDUCATION:

Our clinical staff regularly take continuing education courses to increase their knowledge and skills. Here are the most recently taken courses.

Jo Ann Hiroshige, PT:

Lymphedema Advanced Updates and Refresher Course for Comprehensive Lymphedema Management for American Healthcare- 8/15/15-8/16/15

Instructor: Ann Elise Kyrzsack ,OTR, CLT

Vadim Ciobanu, PT, MPT:

-Mulligan Technique - Mobilization with Movement

HAPTA- 10/17/15-10/18/15

-Rotator Cuff Disorders and Treatment

MedBridgeeducation.com -6/2015

Kate Edwards, PT, DPT:

Strategic Orthopedics I- Lumbar Spine

Instructor: Angelo DiMaggio- 4/2015

Jean Thompson, PT:

-Improving Balance and Performance Through Visual Training Athletes

July 14, 2015

Instructor: Robert Donatelli, PT, DPT

-ICD-10 Implementation

September 21, 2015-Medbridge