

Kona 808-329-0591  
 Waikoloa 808-883-3400  
 Waimea 808-885-7131

# Hawaiian Rehab News

**Kona Clinic Staff**

- Jean Thompson, PT/Administrator
- Janet Crosier, PT, DPT, MeD
- Andrew Branchflower, PT, DPT
- Genelle Botje, PT, DPT
- Katie Crabtree, OT, MOT
- JoAnn Hiroshige, PT
- Binti Bailey, PTA, BA
- Paul Thompson, LAc
- Kristen Cruz, Clinic Coordinator
- Hazel Gardner, Ther. Coord./Sec.

**Kamuela Clinic Staff**

- Thomas Thornton, PT, DPT
- Madeline Sofranac, PT, DPT
- Katie Crabtree, OT, MOT
- Kathy Goo, COTA
- Cheryl Yamamoto, Clinic Coord.
- Kahea Kaku, Therapy Coord.

**Waikoloa Clinic Staff**

- Phil Sauer, PT
- Marilyn Nishi, PT
- Quisto Oucharek, PT, DPT
- Uilani Lindsey, Clinic Coord.

**Accounting/Admin**

- Joni Lucena, Bookkeeper
- Martin Guelich, Admin Sec./Bookkeeper
- Ariane Soares, Front Office Supervisor
- Liberty Bughanoy, Billing Clerk
- Rhiannon Tagabi, Billing Clerk
- Trudy Edelman, Billing Clerk

## FOOT PAIN! By Jean Thompson, PT

Many people in Hawaii suffer foot pain-some from wearing slippers, going barefoot, running long distances or on poor surfaces, or just because of tissue/joint breakdown as we age.

Common diagnoses include Achilles tendonitis, plantar fasciitis, hallux valgus, hammer toes or Morton's neuroma. Such diagnoses do not reveal the actual mechanical causes to tissue breakdown, inflammation or joint deterioration. By understanding the normal sequence of foot dynamics during walking/running and observing the patient with a painful gait, we can determine when and how shearing or over-stress forces occur. Many times a tight structure in the rearfoot or forefoot causes poor shock attenuation, compensatory breakdown, or poor push off at terminal stance. Likewise, loss of normal support from excessive mobility can lead to tissue stress, inflammation or structural breakdown.

A physical therapist who is specially trained in foot mechanics/orthotics can assess gait, mechanics, joint/tissue restrictions, posture and extrinsic forces, and determine where the primary breakdown is occurring and what faulty mechanics are leading to the breakdown. For instance, an extrinsic cause of knee pain can be from excessive pronation of the rear or mid foot. The knee pain can be treated but the extrinsic mechanical

fault must be addressed as well. Vice versa, extrinsic factors can lead to foot pain.

Here at Hawaiian Rehab, we assess the factors, intrinsic and extrinsic, and determine if poor foot mechanics are involved. Fabrication of a temporary foot orthotic with carefully placed medial or lateral posts, arch supports, metatarsal bars or other pads, can assist in the recovery of the pain. Temporary foot orthotics can also help assess long term implications and facilitate return to activity. Later, the therapist may discuss the option of permanent orthotics if long term mechanical correction is indicated.

Often, use of modalities, taping and temporary orthotics is sufficient and cost effective in relieving pain and allowing the patient to return to activity without long term medications, surgery or permanent orthotics. Understanding the normal sequence of gait and how deviations contribute to joint/tissue inflammation can assist in controlling the stresses, facilitate recovery and lead to return to community, work, and sports activities.



**INSIDE THIS ISSUE:**

Foot Pain	1
Treating Stress with Acupuncture	1
Community Involvement	2
Staff Profile	2

## Treating Stress with Acupuncture by Paul Thompson, LAC

In our modern world stress abounds and brings many deleterious effects to personal health and well being. Traditional Chinese medicine views these effects as blockages to the flow of "chi" and blood, frequently diagnosed as "constrained liver chi." The primary cause of stress is thought to be bottled up emotions, especially anger. Results of this emotional restriction include liver fire rising, seen as red eyes, headaches, insomnia and muscular

tension in the neck and upper back.

Treatment is aimed at sedating the liver energy through acupuncture techniques, and giving advice on proper posture and breathing. Other treatment includes the use of far-infrared heat, acupressure, and application of liniments and herbal balms to relieve muscle spasm and pain. Training in Tai Chi or Chi Gung is promoted to restore and maintain balanced energy and optimum health.



## COMMUNITY INVOLVEMENT

### Continuing Education

\*Binti Bailey, PTA

**Comprehensive Treatment of the Shoulder/ Honolulu, HI**

September 28-29, 2013

\*Madeline Sofranac, PT, DPT

**Pelvic Restoration/ Seattle, WA**

April 20-April 21, 2013

\*Thomas Thornton, PT, DPT

**"Functional Movement Screen" training**

September 2013

\*All Hawaiian Rehab PT Staff

**Hawaii Chapter APTA Fall Conference/ Waikoloa, HI**

October 19-20

Hawaiian Rehab staff are dedicated to providing the best services to patients in order to achieve patient's maximum functional outcomes. Not only are our staff members dedicated to work at Hawaiian Rehab, they are dedicated to improving the health and knowledge of the community through involvement and education.

Genelle Botje, PT, DPT recently spent time educating middle school students about Physical Therapy.

Andrew Branchflower, PT, DPT was involved with Accessible Hawaii's "challenged athletes." during this year's Ironman. He also volunteered as a member of

the acute cramp team on the day of the Ironman.

Mariyn Nishi, PT

Is providing healthy back education to golfers at local resorts on the island. She also has taught a class at Tutu's house about urinary incontinence and pelvic floor strengthening.

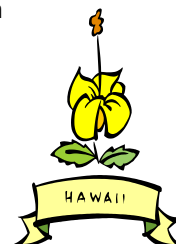
Paul Thompson, LAc will host a free Chi Gung class at Hawaiian Rehab in November.

Thomas Thornton, PT, DPT is working with trainers in Kamuela and Kona who utilize the "Cross Fit" training program to screen and identify asymmetries of movement patterns for athletes, to correct and prevent future injuries.

This year the Hawaii American Physical Therapy Association will host its Fall conference in Waikoloa. Hawaiian Rehab therapists will be in attendance. One of the therapists employed by Hawaiian Rehab will be a guest speaker at the conference.

Jean Thompson, PT will be hosting a repeat forum for nurse case managers on "Return to Work Feasibility- Transfer Strategies from Therapy to Work."

\*Contact HRS for information



*October is National Physical Therapy Month!*

### STAFF PROFILE: KATIE CRABTREE, OT



Katie Crabtree joined Hawaiian Rehab in the Summer of 2013. She graduated with her B.S. in Health Sciences and her Masters of Occupational Therapy from Loma Linda University in April of 2013. Her internships included Casa Colina Centers for Rehabilitation, where she worked extensively with acute stroke, neuro and orthopedic patients. Katie's other internships included pediatric facilities and private practice hand therapy clinics. She espe-

cially enjoys working with pediatric and neuro patients.

Katie recently moved to Kona in July 2013 with her husband, Andrew, who is a PT also working for HRS. When she is not in the clinic, Katie enjoys cooking, hiking, swimming, running and exploring the island.

Welcome Katie!



### *Clinic Update*

In response to growing referrals, HRS has increased the staff in all clinics. We will be open 5 days a week in Waikoloa starting November, 2013!

New to our staff:

Kona

Genelle Botje, PT, DPT,  
Andrew Branchflower, PT,  
DPT, Katie Crabtree, OT,  
MOT

Kamuela

Thomas Thornton, PT, DPT

Waikoloa

Quisto Oucharek, PT, DPT

Hawaiian Rehabilitation Services, Inc.

75-165 Hualalai Road

Kailua-Kona, HI 96740

Phone: 808-329-0591

Fax: 808-329-2066