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Manual Techniques By Amanda Gelsomino, DPT, PT

Manual therapy is a specialized field within physical therapy used to restore normal functioning and movement of specific parts of the body. The physical therapy profession defines manual therapy as a clinical approach utilizing skilled, specific hands-on techniques to diagnose and treat soft tissues and joint structures.

Manual Therapy Techniques:

Soft Tissue Mobilization/massage:

Treatment: Utilizing different forms of massage to break up inelastic or myofascial adhesions, and to shift tissue fluids and relax muscle tension

Trigger point release

Treatment: Applying increasing pressure on the site of a trigger point to cause release in a muscle's sarcomere. There are variations with this technique. A skilled practitioner

would determine what is appropriate for the patient.

Joint mobilization/manipulation:

Treatment: This technique focuses on moving the joint's bone surfaces along one another. This movement is performed in the direction of restriction to improve the joints mobility and increase overall range of motion.

High Velocity/low Amplitude Thrusting

Treatment: A thrust is a more aggressive joint mobilization technique involving taking a joint to its restrictive barrier and providing a low amplitude thrust to, but not past, its restrictive barrier. The joint is not moved beyond its anatomical limit.

Muscle Energy Technique

Treatment: Utilizing a voluntary contraction of the patient's muscles against a distinctly controlled counterforce applied from the therapist. The position is precise and in a specific direction.

Proprioceptive neuromuscular facilitation (PNF)

Treatment: Various techniques using a combination of isometrics, manual resistance, and passive stretching.

Manual therapy is only part of a physical therapy treatment plan. In most cases a physical therapist will also devise a specific treatment program which may include therapeutic exercises, modalities, posture and body mechanic training, and functional training.

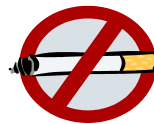
Acupuncture and Smoking Cessation

BY PAUL THOMPSON, LAc

The Centers for Disease Control and Prevention (CDC) state that smoking is the leading cause of preventable death in the United States. In addition, for every person who dies from smoking, 20 more suffer from a smoking related disease. These diseases include emphysema,

chronic bronchitis and chronic obstructive pulmonary disease. Acupuncture and Chinese herbal formulas offer effective treatment protocols to assist smokers in breaking the deleterious habit of smoking. Some patients report forgetting to "light up," and some report that cigarettes become foul tasting as

a result of treatment. Treatment includes the use of tiny intradermal needles that are taped to wrist points. For more information or assistance in smoking cessation, contact an acupuncturist.



Staff Profile

Phil Sauer, PT, joined our HRS team as of November 2011. He recently relocated from Arizona where Phil owned and operated 6 PT clinics. Prior to that he lived on Oahu where he worked at Straub Hospitals and Clinic, running the Neck/Back clinic. In addition to practicing Physical Therapy, Phil is a guest faculty member at the University of Northern Arizona in Flagstaff. As a graduate of Cal State Fresno, Phil brings a wealth of knowledge to the Kamuela and Waikoloa clinics.

In addition to his professional pursuits, Phil owns a 44 ft. sailboat, which he hopes to bring to Kona, to enjoy our coastline and prepare for a future world trip. Welcome to our HRS staff!

Therapy Staff

Kona Clinic

- Jean Thompson, PT/Administrator
- Joni Lucena, Administrative Assistant
- Annet Rodriguez, MPT
- Janet Crosier, PT, DPT, Med
- Binti Bailey, PTA
- Catherine Petterson, OTR
- Glenys Fazio, OTR
- Amanda Gelsomino, DPT
- Paul Thompson, LAc
- Lisa Brittain, SLP
- Mark Guppy, LMT
- Rhiannon Tagabi, Therapy Coordinator
- Kristen Cruz, Therapy Coordinator

Kamuela Clinic

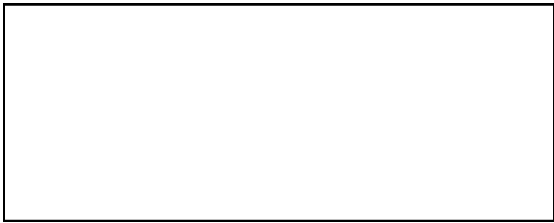
- Jean Thompson, PT
- Phil Sauer, PT
- Janet Crosier, PT, DPT, Med
- Binti Bailey, PTA
- Glenys Fazio, OTR
- Kathy Goo, COTA
- Cheryl Yamamoto, Clinic Coordinator
- Millicent Salvador, Therapy Coordinator

Waikoloa Clinic

- Phil Sauer, PT
- Janet Crosier, PT, DPT, Med
- Glenys Fazio, OTR
- Kathy Goo, COTA
- Uilani Lindsey, Clinic Coordinator

Accounting/Billing Staff

- Ariane Soares, Front Office Supervisor
- Trina Zepeda, Billing Supervisor
- Trudy Edelmann, Billing
- Rhiannon Tagabi, Billing



Return To Work Feasibility

Jean Thompson PT/owner, taught a class to Nurse Case Managers and Voc. Rehab Counselors for Work Comp. cases in late 2011 and has another class planned this summer. In this round table presentation, Jean looks at parameters for successful return to work or referral for work conditioning/work hardening. Such parameters include pain levels, medi-

cation, strength, endurance, behavioral/pain profiles, work demand modification. Through team coordination, including the patient, therapists, physicians, NCM/VRC and insurance companies, we can work together to provide the injured worker a smooth and timely return to work.



Continuing Education

Jean Thompson, PT

Business Management for Private Practice– APTA
 11/1-11/4/2011

Restoring Shoulder Rotation Before Elevation– Dr. Robert Donatelli, PhD, PT, OCS
 4/10/2012

Binti Bailey, PTA

Application of Movement Impairment Syndrome Concepts –Shirley Sahrman, PT, PhD, FAPTA
 5/5-5/6/2012

Kathy Goo, COTA

Upper Extremity Rehab “Wrist, Elbow, and Related Upper Extremity Disorders– Tandra Marik, OTR/L, OTD, CHT
 5/21/2011

Glenys Fazio, OTR and Kathy Goo, COTA

Manual Therapy of the Upper Extremity: Joint and Soft Tissue Mobilization
 1/21-1/22/2012

As the Insurance World Turns

Quest and Medicaid patients have been accepted at HRS for about 6 months now but, the reimbursement for these programs are low. Therefore, it is imperative that all patients understand the importance of compliance and working on a home exercise program. If a patient no shows 3 times or does not make up missed appointments, we will not reschedule them. There is a no show fee if they do not call us 24 hours in advance, or makeup the missed appointment in the same week.

HRS participates with mainland Medicare HMO plans now...we accept Aetna, Humana Gold, Secure Horizons, Akamai Advantage, Kaiser Senior Advantage, Evercare Advantage, and others.

Health Fair for Seniors– HRS participated in the County of Hawaii Health Fair for Seniors in November 2011, screening for balance problems and offering advice on balance practice activities. We screened over 70 participants and had a great time helping our senior community members.

Ergonomic Class– HRS staff Physical Therapists Amanda Gelsomino and Jean Thompson taught 2 classes to the staff at Hawaii Radiology Associates in December 2011. The class consisted of a presentation on back anatomy and mechanics, followed by an on-site assessment of different job set ups and brainstorming with the staff on how to make small changes for a safer more ergonomically designed site. It was a fun and enlightening time!

Joint Protection and Occupational Therapy

By Glenys Fazio, OTR

The force we apply daily, to operate small handles and packaging, can result in cumulative trauma and arthritis in the hand and wrist joints. The following are techniques taught in Occupational Therapy to decrease stress to joints..

- Use the strongest joint for the job
- Avoid positions of deformity
- Avoid tight pinching and grasping, needed for opening jars, knitting, cutting, etc.

- Do not hold positions for long periods of time
- Do not start activities you cannot stop. (When your muscles and joints become tired, you should be able to stop and rest).
- Use joints in their most functional planes. (The wrists, hands and fingers should be kept as straight as possible, not pushed out towards the little finger, or kept in a fist position).
- Practice Work Simplification Techniques

- 1) Gather all items needed for an activity before starting the activity, to decrease repetition. (A rolling cart is a good option for transporting several items. Pushing is easier than pulling.
- 2) Sit down for activities when possible, e.g. chopping vegetables, ironing, and cleaning portable items.

Arthritis, affects nearly 21 million Americans (Centers for Disease Control & Prevention). Occupational Therapy can offer patients joint protection and pain management techniques.