



HAWAII PHYSICAL THERAPY INC.

A quarterly newsletter brought to you by Hawaii Physical Therapy Inc. [July 2019 Summer]

President's Message

Dear Physicians and Friends,

As a Physical Therapist, I interact with people of all ages and all go through life dealing with physical challenges. Often, I hear an easy excuse, "It's old age." However, if you want to optimize your body for physical fitness and performance, you need to have a complete evaluation of your body, set goals, and have a complete health and fitness program.

Regardless of age I believe you should train 4-5 times a week.

Many people overlook bad posture which leads to postural abnormalities and compensatory movement patterns. The problem is, these postural issues and compensations become deeply ingrained and difficult to correct. We incorporate modalities, soft tissue and joint mobilization, exercises, and functional movement patterns to restore dynamic postural alignment.

Mobility (joint range of motion and muscular flexibility) restrictions, is the single most factor preventing a patient from performing simple functional movements. Improve a patient's ability to move well, not only will they perform better now, but longer in the future. We at Hawaii Physical Therapy Inc. have the latest tools to improve mobility for your patients.

Our quest remains to provide the very best care and maintain the commitment to our patients and support for our physicians. We thank you for your support and look forward to continuing to work with all of you.

- Milton S. Kurashige PT

VP's Message

Dear Physicians and Friends,

Hawaii Physical Therapy Inc. has been in existence since 1979. We started at the Beretania Medical Dental Plaza, gained a branch office at the Aiea Medical building, opened a branch office at the Ala Moana building and we have been at our present location at Imperial Plaza Building for 20+ years. We've seen the physical therapy profession evolve over the years, with some good changes and some not so good changes, and through it all we have adjusted. We are thankful for the support we've received from our patients and medical doctor referrals. We strive to improve our skills to better serve our patients. Although our treatments are not always cost effective for us, we strive to give our patients what they need as opposed to, "Treating by the clock." We appreciate the referrals from you all these years.

Thank you

- Harvey M. Nakamoto PT



President:

Milton S. Kurashige



Vice President:

Harvey M. Nakamoto



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What's New at HPT Inc.

Promotions:

Congratulations to our new office manager/supervisor **Darlene Ferguson**. Darlene has been with the HPT Inc. Ohana since Jan. 2000-Jan. 2007 returning in Jan. 2014-present. Always with a bright smile and aloha spirit, she is ready to help our patients towards their goal of rehabilitation.

New Employee:

Welcome to our newest employee **Madisyn Sim**. Madisyn is a former volunteer at HPT in 2015. After graduating from UHM with her BA in Chinese Language she is helping assist us in front desk work, marketing, and working with patients on occasion.

New Volunteers:

Ashlyn Kanai: Ashlyn Kanai is a recent graduate from James Campbell High School in 2017, and is currently attending Chapman University in Orange, CA. She is a Health Science: Physical Therapy major. After completion of her undergraduate degree she will be entering Chapman's physical therapy school in Irvine, CA. She has been volunteering with HPT Inc. since June 2019.

Nikola Dolakova: Nikola is currently a senior student-athlete at University of Hawaii at Manoa. She is a Kinesiology and Rehabilitation science major. She is looking forward to getting her Strength and Conditioning Specialist certification and to attending Physical Therapy school back in Europe where she is from. Her volunteering started in the beginning of July and she will continue to volunteer in her free time until she graduates.

Need a Massage? Meet our LMTs

Michael Tanouye

LMT, CPT, TPI Fitness 2 Certified:

Michael graduated from University of Hawaii at Manoa with a B.S. in Kinesiology and Rehabilitation Science and his massage training at Kapiolani Community College. He specializes in Active Release Technique, Sports Massage, Shiatsu, Myofascial Release and IASTM.



Nicole Staunton

LMT:

Nicole graduated with a B.S. in Biology from Chaminade University and received her massage training at Kapiolani Community College. She specializes in Lomi Lomi massage and has been practicing for the past 7 years.

Rates for Massage:

1 ½ Hour Massage:

- Cash: \$135.00
- Credit: \$140.00

1 Hour Massage:

- Cash: \$90.00
- Credit: \$95.00