

# HAWAIIAN REHAB SERVICES

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Volume 1, Issue 1

Spring 2018

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## Aquatic Therapy in Hawaiian Rehab's Solar Heated Pool

Morgan Sparber PT, DPT

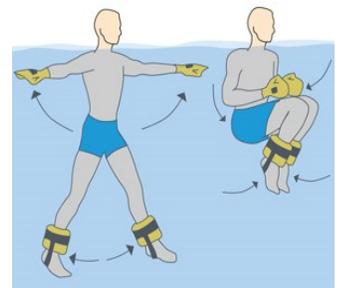
The beauty of living on an island is being surrounded by the water and yet, aquatic therapy continues to be an underutilized form of rehabilitation. Submersion in water while performing targeted exercise programs is beneficial for many orthopedic and neurological diagnoses.

The principles of aquatic therapy are not new, but a review allows us to make sure we are best serving our patient's needs. Submersion in water allows for resistance against movement while utilizing the buoyant forces to reduce the joint load in arthritic or healing surgical conditions. The hydrostatic pressure of water can assist with edema management. Aquatic therapy allows for a safe environment for patients who are not yet strong enough or able to demonstrate enough balance

to begin ambulating following neurologic injuries. The ability to perform a comprehensive exercise program in the pool can increase a patient's confidence level, engage them in their care and promote a healthier outlook on their recovery. When, appropriate, the therapist and patient can transition back to a land based program with better success due to the strength, endurance and confidence gained from their aquatic therapy.

Hawaiian Rehabilitation Services offers aquatic therapy for all patient populations. A chair lift is available, making the pool fully accessible. There are only a few contraindications to aquatic therapy (such as presence of an open wound, a cast, a catheter or other internal line), making pool and excellent option for many patients. Please men-

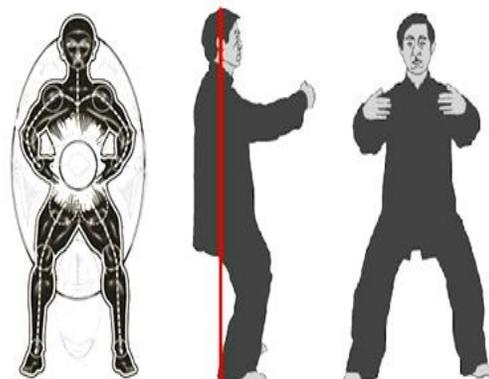
tion aquatic therapy on the referral if you feel this is a good therapy choice for your patient.



## Qi Gong Paul Thompson, LAc.

Qigong ("chee gung") is an ancient Chinese health modality that has proven effective for a range of diseases and conditions, and is used extensively by tens of millions of people daily. Closely related to Tai Chi and Kung Fu, it is sometimes referred to as Chinese yoga. Qigong practice supports self-healing, health maintenance, disease prevention, and chronic disease management. There are many forms of Qigong to match the differing needs of the population. Our acupuncturist has been practicing a form called Huerng Gong, also known as Fragrant Chigong for over 28 years, and shares this tech-

nique as a good introductory style. There are numerous dedicated and highly trained Qigong teachers on the Big Island to assist students in learning diverse styles.



## Facility and Insurance Update

We have replaced our IFC electric stim unit to add to our full complement of modalities for pain relief and tissue healing, inc electric stim (trigger point, motor point mm stim, microcurrent, EMG, biofeedback training, interferential, TNS, Neuromuscular mm re-ed, high volt), laser point stimulation, ultrasound, traction, diathermy.

We are expanding our Hawaii Home Therapy Supplies business with the addition of more home supplies for patients. We offer splints, braces, adaptive equipment, ES unity (TN, NMES) exercise supplies, traction units, etc. If

you have an item (no wheelchairs, bed, O2 or large items) that would be helpful to carry, or a special order item, please contact Mindi Bachand.

Some items included in HTS, but not limited to are: BioFreeze, foam rollers, Theracane, light AFO, Orthoheel sandals, Quad canes, Juzo compression stockings, compression gloves, wrist splints, walker baskets, pool exercise equipment, lumbar/cervical support pillows, exercise pulleys, gait belts, and MUCH MORE!

We are pleased to continue treating our Quest patients for HMSA, AlohaCare and UHC.

We do not participate with Ohana, except the Advantage (Medicare) programs. We also have special contracts with several WC carriers and our full complement of services including Acupuncture, Massage, Physical Therapy, Occupational Therapy, Work Hardening, PrePlacement Screening enable patients to receive many services under one roof. The multidisciplinary approach allows for improved team coordination and successful return to work programs! We submit all required paperwork for authorization; doctor's offices need only send a referral, and we will do the rest!

## Staff Profile



*“To catch the reader's attention, place an interesting sentence or quote from the story here.”*

**OT update~** With our OT Ashley Prunty, moving to Tucson in December, we have been challenged to bring on board a qualified provider. We are very happy that we have hired Shana Andres, OT, for temporary coverage, Custom splinting is fabricated by our OTs. Our permanent OT, Emily Kaup, will be arriving late July!

### Speech Pathology~

Unfortunately our Speech Pathologist has been reluctant to pick up adult patients and has chosen to only see children at this time. However, she is interested in expanding her caseload in the future. Meanwhile, Kona only has adult speech services at LifeCare Center.

### Staff Growth~

Gordon Woon, PT, will be joining our staff April 30. While Gordon treats general orthopedic patients, he specializes in treatment of chronic pain through the Feldenkrais method. We are excited to add this specialty to our services.

Hawaiian Rehabilitation Services

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