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Hawaiian Rehabilitation  
Services, Inc.

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# Hawaiian Rehab News

## Functional Movement Screen: Reducing Occurrence of Injury with Exercise

By Thomas Thornton, PT, DPT

The Functional Movement Screen (FMS) is a grading system that allows a practitioner to assess a patient through a series of movements that identifies functional limitations and asymmetries. Following the exam, I am able to prescribe a treatment plan that addresses these asymmetries in order to normalize ROM, increase functional strength, and decrease pain with activity.

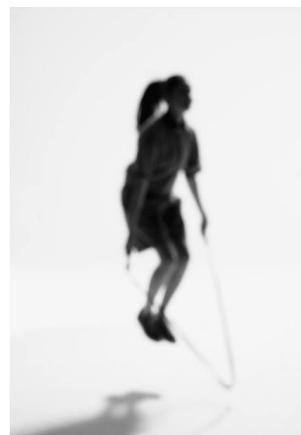
The Functional Movement Screen is not a treatment tool, nor should it be the sole musculoskeletal evaluation used by the therapist. However, by nature of its efficient design and standardized protocol, FMS is optimal for preseason team screening, community health outreach, and fitness gym exercise screens.

I am currently teaming with local gyms to provide screens to individuals who would like to exercise at a high level without risking future injury. If asymmetries are found during the functional screen, corrective exercise protocols are provided as well as education regarding which exercises they should avoid.

In addition to necessary patient care, education is provided to fitness professionals and gym owners regarding safe exercise practices, injury red flags, and strategies for reducing injury with exercise. Commonly, patients look to their fitness professional as an expert in injury prevention and musculoskeletal rehab. I use the Functional Movement Screen as an opportunity to provide

these professionals with evidence-based research, which will ultimately improve the health and reduce the occurrence of injury with exercise.

As healthcare shifts to preventative care, these functional screens become increasingly valuable in reducing healthcare costs and maintaining a healthy population.



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## Traditional Chinese Medical Nutrition/Diet Therapy

By Paul Thompson, LAc

An ancient Chinese adage states “medicine and food derive from the same origin.” Foods are used as herbal medicine and many herbs are used as food. In addition to nutritional content, foods are seen to have properties, tastes and directions that affect a person’s health and condition.

A person experiencing a Yang deficiency and cold-like symptoms would be

advised to select warming foods like lamb, ginger and cinnamon. A person with Yin deficiency and heat excess should consume heat clearing foods like watermelon, clams and star fruit.

After diagnosis, foods that are harmful to a patient’s condition are suggested as foods to refrain from. For instance, a person with hives should avoid hot sauces and alcohol to pre-

vent adding heat to the fire.

Balancing the diet according to the flavors and energies of food, is an important part of a visit to an acupuncturist. A balanced diet can profoundly affect one’s health and well being.



### Inside this issue:

Insurance Update	2
Staff Update	2
Clinic Update	2
Staff Profile	2
Community Involvement/Con. Ed	2

### 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.  
Hina Kimitete, Therapy Coordinator

### Kamuela Clinic Staff

Thomas Thornton, PT, DPT  
Madeline Sofranac, PT, DPT  
Katie Crabtree, OT, MOT  
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 Off. Supervisor  
Patricia Clark, Billing Clerk  
Rhiannon Tagabi, Billing Clerk  
Trudy Edelman, Billing Clerk

## Insurance Update

Challenges to Medicaid/Quest programs

- The programs will be blended in 2015 in to the Qexa Expanded Access plans
- The contracts will be amended to be compatible for all plans which means it is likely that fees will be decreasing not increasing.
- We are not allowed to charge patients for no shows/late cancellations.

The fees are already below the cost for providing the services and patients do not have to take responsibility to show up, or comply with changing unhealthy lifestyle and behaviors. Hawaiian Rehab Services has been corresponding with the Medicaid/Qexa plans to modify reimbursement patterns and improve contract terms.



## Community Involvement

HRS staff members are involved in the community in many different ways.

Madeline Sofranac, PT, DPT, volunteers once a week at Mala'ai, culinary garden of Waimea Middle School.. Madeline works with keiki at the school to grow food, and to learn about nature and produce goods. Madeline also teaches a "Parkinson's Wellness Program' at Tutu's House in Waimea, where in April she will start a monthly exercise/support group.

Binti Bailey, PTA is teaching a Tribal Dance Mix class by donation at Yoga Hale in Kona. The class is Wednesday nights at 7 pm.

## STAFF UPDATE

**We have several specialty rehabilitation clinicians who provide services to our three clinics**

Jean Thompson, PT, Kona-foot orthotics

Janet Crosier, PT, Kona/Kamuela-vestibular dysfunction

Marilyn Nishi, PT, Waikoloa, Kona-lymphadema and women's health

Madeline Sofranac, PT, DPT, Kamuela-Parkinson's motor dysfunction, neurological conditions

Thomas Thornton, PT, DPT, Kamuela- orthopedics/sports injury

Katie Crabtree, OT, Kona/Kamuela-hand/wrist injuries/UE splint fabrication

Andrew Branchflower, PT, DPT, Kona- orthopedics/sports medicine

Quisto Oucharek, PT, DPT, Waikoloa- orthopedics

## Clinic Update

**Waikoloa now offers services 5 days a week, Monday- Friday, 8-5:30 by appointment**

**Kona has a new Aquatic Access lift for our pool patients under 250 lbs who cannot enter by stairs/railing**

**Hawaiian Rehab Fact: The Waimea indoor above ground pool is heated to 91 degrees!**



## Staff Profile

Genelle Botje, PT, DPT, joined our team in Summer 2013. She graduated from Sheperd University with her undergraduate degree and received her doctorate in Physical Therapy from West Virginia University where she was a river guide and avid rock climber. Her professional interests

include general orthopedics and young sports enthusiasts who enjoy her creative rehabilitation programs. During Genelle's free time, she is active in climbing, surfing and other water sports. You can also check out Genelle's profile on [hawaiianrehab.com](http://hawaiianrehab.com)

## Continuing Education

**\*HAPTA Fall Conference Waikoloa -Nov. 2013:** Jean Thompson, PT

Binti Bailey, PTA

Genelle Botje, PT, DPT

Andrew Branchflower, PT, DPT

**\*APTA Combined Sections Meeting -March 2014:** Genelle Botje, PT, DPT

**\*Myokinematic Restoration-An Integrated Approach to the Treatment of Patterned Lumbo-Pelvic-Femoral Pathomechanics:**

Madeline Sofranac, PT, DPT

**\*Hawaii Sports Medicine Symposium**

May 2014: Genelle Botje, PT, DPT

**Women's Health/Pelvic Floor Rehabilitation and Lymphadema physical therapy services offered in our Waikoloa and Kona clinics**