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Hawaiian Rehabilitation Services, Inc.

Hawaiian Rehab News

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Acupressure: Benefits and Treatment By Paul Thompson, LAc.



A visit to an acupuncturist will often include acupressure, or treatment of acupuncture points without needles, along with instruction for self treatment. Commonly used points include Pericardium 6 (Neiquan), promoted in the Seaband product to treat sea sickness. Pericardium 6 is found 2 cun (approximately 1 inch) proximal to the transverse crease of the wrist, is helpful for a variety of conditions, includ-

Large Intestine 4 (Hegu), located on the dorsum of the hand between the 1st and 2nd metacarpal bones, is frequently recommended for headache, pain in the neck, and sinus problems. Spleen 6 (San Yin Jiao), 3 cun directly proximal to the tip of the medial malleolus is used for menstruation problems, edema, and abdominal pain. Our acupuncturist's preference is massaging from Liver 3 (Tai

Chong) to Liver 2 (Xing Jian) on the dorsum of the foot, from the depression distal to the junction of the 1st and 2nd metatarsals, down to the margin of the web. This is said to sedate the liver and treats headache, dizziness, vertigo, stress and anger.

This procedure is particularly helpful when a husband rubs his wife's feet.



HRS MISSION STATEMENT ~ ~ *Through teamwork and professional growth, the mission of Hawaiian Rehabilitation Services is to be a catalyst and leader in providing comprehensive and holistic rehabilitation services. Our services promote injury prevention, quality of life, physical independence, community education and positive attitudes toward wellness.*

Stroke Recovery Through Occupation by Katie Crabtree, OT, MOT



Across the nation, millions of Americans are living with the effects of the leading cause of adult disability, stroke. Even more people today know the effects of strokes firsthand as loved ones, family members or caregivers to someone who has suffered a stroke. Rehabilitation is an effective strategy in the recovery and management of the effects of a stroke.

Occupational therapy practi-

tioners help discuss resources for community involvement and address physical and cognitive impairments in order to increase the client's participation in meaningful daily activities. Research shows that clients who receive occupational therapy interventions are significantly less likely to deteriorate and more likely to be independent in their ability to perform activities of daily living

at the end of treatment (Scheer, 2007). By including Occupational therapy in the rehabilitation process, clients and caregivers are given the tools and strategies to improve their occupational performance and live meaningful lives through occupations.



HRS CLINIC AND INSURANCE UPDATE

Equipment update

- 1) Addition of 4th ultrasound (3 MHz and 1 MHz, 5cm and 10cm head)
- 2) Laser-13 diode Laser /LED diodes 415 mW, 650-850nm. Treatment for soft tissue injuries.

Insurance Update

UHC and Ohana plans are now on a non-par basis. We continue to participate with AlohaCare and HMSA Quest for the Integrated programs. We will notify the referring provider when discharging a patient due to non-compliance/repeated no-shows. AlohaCare has indicated they will also contact the patient about compliance. It is our goal to get every patient “on-board” with injury prevention, regaining skills and choosing healthy lifestyles.

Medicare requires that we monitor BMI, medication use, smoking, possible elder abuse/neglect, BP and other indicators of healthy lifestyle choices. We are also obligated to advise patients regarding seeking counseling for these issues. As primary

care providers for Medicare, we need a signed “Plan of Care” returned within 30 days of initial visit to avoid penalties.

Wellness Services at HRS!

In alignment with our Mission Statement, HRS is moving towards development of a Wellness Program! In addition to offering Physical Therapy, Occupational Therapy, Massage Therapy, Acupuncture, we are expanding services to include wellness classes, exercise classes, nutrition, counseling, smoking cessation, and stress and chronic pain management.



- Binti Bailey, PTA ~exercise classes will be offered for groups or individuals, designed for persons with special health concerns before, during, or following rehab. Classes offered will include stretching, relaxation, breathing, cardio, and strength-

ening and body mechanics. Through the use of music and rhythm classes will be light, fun, and motivating.

- Sherry Ezell, a certified health coach will be available 2 days a week for private or group coaching to include nutrition, pain management, and healthy lifestyle choices through the “LEAN” program.
- Thais Mazur, OT, PhD will be working with individuals and groups to address issues including methods to cope with stress, chronic fatigue, PTSD, and independent living strategies. Look for her class in the Fall for Healthcare providers, “Introduction to Integrated Health and Mind Body Medicine.”



CONTINUING ED AND COMMUNITY INVOLVEMENT

Members of HRS participated in the February 15 “Terrific Turtle Trudge, Dragon Dash, Golden Fox 1-mile Gallop” race/walk event put on by Peaman. We have plans to participate in an event every month and encourage our patients, friends and family to also participate.

You may see some of our staff around town. Binti Bailey, PTA, is a musician and singer that performs in different venues on the island. Jean Thompson, PT, is captain of a West Hawaii tennis team that is #1 in their section. She and her husband Paul Thompson, LAc., sing in their church choir. Trudy Edelman, Billing Clerk, is involved with donating art and time to organizations and fundraisers around the island. She is heavily involved with supporting horse adoption at the Waimea Humane Society



Hawaiian Rehab Staff at Kona Pier on Feb. 15 at a Peaman 1 mile, 2 mile and 5 mile run/walk even



Binti Bailey, performing at the “Taste of Life” fundraiser

Continuing Education

Genelle Botje, PT, DPT

- (1) Bike Fit: The Foot/Petal Interface (2) Running Footwear: Shoes Impact Form, and Form Impacts Shoes (3) A Clinician’s Role in Endurance Sports
- Manual Therapy and Exercise Interventions for Shoulder Impairments/ HAPTA spring conference, Kauai May 1-3 2015

Binti Bailey, PTA

- Wellness Coaching/Nutrition

Katie Crabtree, OT

- Early Childhood: Occupational Therapy Services for Children Birth to Five

Jean Thompson, PT

- Medicare compliance Update March 2015

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