



Hawaiian Rehab News

HAWAIIAN REHABILITATION SERVICES
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PHONE: (808) 329-0591 FAX: (808) 329 2066

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Physical Therapy Treatment for Chronic Pain

by **Kate Edwards, PT, DPT**

Staff

Jean Thompson, PT

Administrator

Vadim Ciobanu, PT, MPT

Katie Edwards, PT, DPT

Ashley Prunty, OT, MOT

Binti Bailey, PTA, BS

Paul Thompson, LAc.

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Mindi Bachand

Therapy Coordinator

Jasmine Agpaoa

Therapy Coordinator

Rhiannon Tagabi,

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Dora Paulo,

Billing Clerk

Acute pain is a short-term sensation that alerts you of injury; a defense mechanism. Chronic pain is long-term pain without biologic purpose; it is pain that exists beyond normal tissue healing times or in the absence of pathology. Pain signals that persist to fire in the nervous system for >3-6 months is characterized as chronic pain. Chronic pain affects over 116 million Americans each year.

Medically, opioids are a common choice of treatment for chronic pain. In March of 2016, the CDC has introduced new guidelines on opioid use and chronic pain, as opioids pose a risk to all patients, including addiction. Over 165,000 deaths from prescribed opioids have been reported, since prescription opioids have quadrupled in 1999. The CDC guidelines recommend non-opioid therapies, such as physical therapy.

Chronic pain sufferers often avoid activity due to fear and pain, leading to immobility and causing physical and emotional changes. Physical changes include impairments in strength, endurance, flexibility, and range of motion, affecting overall function. Aforementioned impairments result in

increased susceptibility to injury, creating an ongoing cycle of pain. Physical therapists play a critical role in the multidisciplinary approach to the treatment of chronic pain.

Physical therapists address individualized impairments that chronic pain sufferers develop. A gradual, safe introduction to cardiovascular and resistance training is utilized to avoid exacerbation of symptoms and prepare the patient for return to function. Initially, the physical therapist may work around painful body regions to improve the patient's tolerance for exercise. Skillful modifications of exercises are made to ease the patient into physical activity. The physical therapist will gradually progress the intensity of exercise, provide the patient a home exercise program, and encourage the patient to join a gym when deemed safe.

Physical therapists not only validate the patient, that their pain is real, but also educate these patients about chronic pain. Education regarding the cause of their pain's chronicity improves the patient's understanding of why they feel pain, therefore patient's will feel more control over their pain

and become active participants in their treatment. Physical therapists educate the patient on the hypersensitivity of the central nervous system and pain thresholds, which helps to explain why ordinary tasks or sensations may be perceived as painful. Physical therapists also teach the patient about normalizing the central nervous systems response to activity. Literature is often recommended, such as "Explain Pain", and handouts and worksheets are given for further education if the patient is interested.

Physical therapists also utilize modalities, manual therapy, breathing techniques, and relaxation techniques to alleviate muscle tension and pain. Also, when necessary the physical therapist will provide patients with resources to contact a mental health professional for cognitive-behavioral therapy to further address the psychological component of chronic pain.

References

1. <http://www.apta.org/Media/Releases/Consumer/2013/12/5/>
2. <http://www.cdc.gov/drugoverdose/prescribing/providers.html>
3. <https://www.psychologytoday.com/blog/chronic-pain-360/201507/the-role-physical-therapy-in-treating-chronic-pain>

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Ashley Prunty, OT, MOT

Traditional Chinese Medicine and Qi Gong

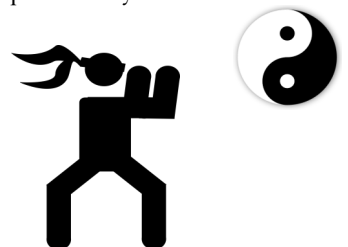
by **Paul Thompson LAc.**

Qi Gong is a form of exercise and meditation that developed with Tai Chi and Kung Fu. Sometimes described as Chinese Yoga, this practice has the ability to restore and maintain health.

There are numerous forms of Qi Gong practiced worldwide. A form called Huerng Gong or Fragrant Chi Gong is

one of the most widely practiced, and is considered an excellent introductory form. This relatively simple set of movements is usually done in standing position, but can be done seated or even lying down. This practice moves chi through all the acupuncture meridians and organ systems.

A full set of Huerng Gong takes about fifteen minutes and most participants report an increased feeling of relaxation and well being. Our acupuncturist has been practicing the Huerng Gong form for over 26 years and offers free classes periodically in our clinic.



Insurance and Clinic Update

Hawaiian Rehabilitation Services is proud to partner with the Quest Integration program that started in 2016. We help meet the needs of the most severely involved patients, offering multiple services in one location including aquatic rehabilitation, family conferences and training, and pediatric and adult services. We recently added UHC Advantage and Quest plans into our covered plans.

The administrating companies of MDX and Multiplan, which cover over 300 commercial plans have recently signed contracts to participate with HRS and we are pleased to extend our coverage in the community.

We are finding that many insurance plans are now allowing patients to come in directly for at least an evaluation, after which we will send the Primary Care Provider (PCP) a "Plan of Care" to coordinate services and enable the patient to quickly start their road back to activities.

HRS has completed the repainting of the interior of the clinic. We have a large conference room on the second floor to host seminars, conferences or individual meetings. We continue to strive to add complementary professionals to our staff, including mental health counsellors, nutrition advisors and others.

We recently added a state of the art recumbent bike, which offers many

monitoring features, to compliment our treadmill, upright bikes, and arm bike. We offer many dynamic programs such as weighted throwing, body blades, plyometric equipment, Cybex isokinetic strengthening and balance equipment to the standard resistance pulleys, weights and bands.

We invite healthcare professionals to stop by for a tour or schedule a meeting with our staff to discuss our programs. Our goal is "through education and hands on care, we return our community members to healthy active lifestyles".



Continuing Education

JEAN THOMPSON, PT

***BALANCE IN THE ACTIVE PATIENT**

ROBERT DONATELLI, PHD, PT,

JULY 2015, 3 HRS

***MANAGEMENT OF ORTHOPEDIC HIP IMPAIRMENTS**

HAPTA MAY 2016, 16 HRS



BINTI BAILEY, PTA, BS

THERAPEUTIC EXERCISE FOR THE OLDER ADULT

SUMMIT PROFESSIONAL EDUCATION JANUARY 2016, 6 HRS

VADIM CIOBANU, PT

THE MULLIGAN CONCEPT INTRO COURSE: SURVEY OF SPINAL PERIPHERAL MANUAL THERAPY TREATMENT TECHNIQUES.

BRIAN FOLK, PT, MCTA, FAAOMP OCTOBER 14-15 2015, 16 HRS

ASHLEY PRUNTY, OT, MOT

VESTIBULAR REHABILITATION AND BALANCE DEFICITS, KAREN HOGAN-CURRAN, PT, DPT

MARCH 2016, 6 HRS

KATIE EDWARDS

THE AUSTRALIAN APPROACH FOR EVALUATION AND TREATMENT OF THE CERVICAL SPINE

JANUARY 9-10, 2015, 15 HOURS

Staff Profile Ashley Prunty, OT, MOT



Ashley Prunty, Occupational Therapist, joined our staff part time in January, 2016 but assumes a full time position in April. She received her BS in Occupational Science and her Master of Science in Occupational Therapy from Ithaca College, Ithaca, NY. Her graduate research was in "Therapeutic Listening". She designed a study on "Stroboscopic Vision Training on Inattention and Hemianopsia" while working at Medstar National Rehabilitation

Hospital, Washington, DC. She also worked at Life Care Center in Kona prior to joining Hawaiian Rehabilitation Services.

Ashley has postgraduate education for treatment of adults and pediatrics in vestibular rehab, neurological rehab, UE splinting, LE amputation prosthetic modalities, Vision processing and therapy for individuals with sensory processing disorders-ADHD, Autism, TBI, and Incorporating Low

vision Assessment and Strategies into Practice.

We are thrilled to expand our Occupational Therapy Department to full-time with extended hours for working individuals.

Ashley spends her non-work time exploring the island with partner Andrew, who works at Keck Observatory. Outside interests include hiking, swimming, running and paddling.

Hawaiian Rehabilitation Services

Credit Union Professional Plaza

75-165 Hualalai Rd.

Kailua Kona, HI 96740