



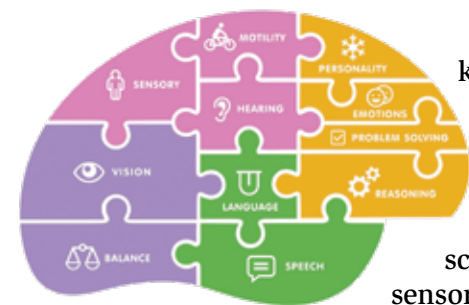
# The Benefits of Neuro-Acupuncture

by Kathy K. Sato, Licensed Acupuncturist

Ancients 3,000 years ago implicitly understood how stimulating acupuncture points with very thin needles could affect both our central and peripheral nervous systems. The central nervous system is made up of our brain and spinal cord, while the peripheral nervous system is the system of nerves outside the brain and spinal cord.

For low back pain, for example, a needle is inserted into the area and a signal is sent through the nervous system to the brain, where natural painkillers are released. Some of these are 10 to 200 times stronger than morphine!

Chinese needling has now joined forces with neuroscience, creating neuro-acupuncture, also



known as scalp acupuncture, because specific areas of the scalp are needled to stimulate the underlying brain cells.

By stimulating areas on the scalp that are associated with motor, sensory or other functional impairment, brain cells are induced to make new connections. Surrounding neurons are also recruited to rewire circuitry and restore lost abilities. Making new connections is important for persons recovering from a stroke or who suffer from tremors or neuropathy. ■

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1314 S. King St., Ste. 1050, Honolulu, HI 96814  
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# Tips for Healthy Knees

by Julie Moon, Physical Therapist

The majority of patients who come into my office do not realize they lock or hyper-extend their knees while standing or walking. They often do this out of habit or because of weakness. Generally, locking your knees transfers stress from supporting muscles to the knee joint, compressing it. The result is decreased mobility and blood flow and increased friction that can lead to pain or wearing away of the joint. While standing, you should be able to contract your quads so that your kneecaps lift. If you can't see your kneecaps lifting, you are probably locking.

Proper strengthening is essential. Strengthening of the quads and hamstrings used to be recommended. We now know that strengthening the muscles surrounding the hip and correcting foot alignment will reduce stress on the knee joint. The following exercise will target the entire leg to maximize knee function:

- ◆ Wrap a resistance band around your thighs and align your feet under your hips. Push your toes down like you're gripping the floor to create an arch under your foot. Bend your knees slightly and push them out against the band, hold up to 30 seconds and relax. Repeat 10 times. ■



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From your Islands Skilled Nursing and Rehabilitation family to all of you

# We wish you a safe and wonderful holiday season!



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1205 Alexander Street  
Honolulu, HI 96826  
808.284.0003  
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