



Tighten Your 'Internal Belt'

by Julie Moon, Physical Therapist

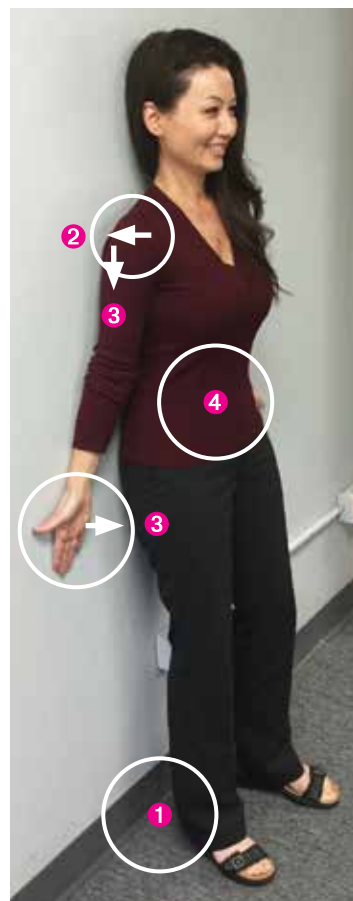
Core training is one of the most popular concepts in the field of fitness and physical therapy. Core stability training is often associated with strengthening your abdominal muscles—the “abs.” The ab muscles play a very important role, but the core also includes multiple muscles in the mid-lower back, pelvic floor, hips and buttocks.

This ring of muscles, or the “internal belt,” holds us up during the day, reducing falls, decreasing back pain and improving posture and even bladder control.

Whether you are lifting your grandchild or playing your favorite sport, your core muscles help maintain the body in proper alignment to avoid injury.

I often see patients who fall victim to the latest fitness trends that train the core improperly, leading to spine or leg injuries. Crunches, side-bends and rotational exercises with weights or kettlebells are not bad, but as we age, they often create more problems than benefits.

Exercises that engage the muscles by bracing the entire trunk—as though you are wearing an internal belt rather than sucking the stomach in and flexing forward—are more effective for improving core stability.



If you have poor posture and a weak core, try this simple, effective exercise to begin developing core strength and control:

Start by finding an open wall.

- 1 Stand at the wall facing outward. Then place your heels about 6 inches away from the bottom portion of the wall.
- 2 Pull your shoulders and arms back so they touch the wall.
- 3 Push your shoulders down with your palms facing out.
- 4 Tighten your abdominals so your lower back touches the wall—as if a force is sucking your back up against it.

Stand tall and breathe, hold for 30 seconds and then relax. Repeat 10 to 15 times.

This simple exercise will tighten your internal belt and help you avoid injuries. ■

MOON PHYSICAL THERAPY LLC
 Aquatic, Land-Based and Manual Therapy, and
 Cardiopulmonary Rehab Programs
 320 Ward Ave., Ste. 107, Honolulu, HI 96814
 808-597-1005 | www.moonpt.com
 Like me on Facebook: **Moon Physical Therapy LLC**

Kimberly Cooper
 Licensed Sales Representative
kimbercooper@juno.com

Medicare
 Need a Helping Hand?

Mobile: 808.485.7319

- Medicare Advantage Plans
- Medicare Supplement Insurance
- Medicare Part D Prescription Drug Plans

Manoa Cottage
 Skilled Nursing Facility
 "Specializing in Dementia
 and Alzheimer's Care"

Phone: (808) 800-4089
 748 Olokele Avenue, Honolulu, HI 96816
 (at Olokele and Winam Avenue, behind Kaimuki High School)
 Email: j.ribao@manoaocottage.com
 For more information about our care homes visit www.manoaocottage.com

Jocelyn Ribao
 Admissions Coordinator



A Wake-Up Call for Your Eyes

by Kathy K. Sato, Licensed Acupuncturist

Age-related macular degeneration (AMD) is the leading cause of vision loss, affecting more than 10 million Americans—more than cataracts and glaucoma combined. AMD is the deterioration of the macula, the small central area of the retina that controls visual acuity.

Western medicine offers no cure for AMD. However, AcuNova, a widely used protocol in Europe, was developed by John Boel of Denmark. AcuNova is a type of acupuncture treatment that has shown remarkable results for people who have been medically diagnosed with degenerative eye disorders. About 80 percent of patients have experienced increased brightness, better acuity and a larger visual field after just 10 treatments.

Treatment involves placing acupuncture needles on points in or around specific joints of the hands and feet (*not in the eyes*). It is thought that

these needles generate a frequency that affects areas of the brain responsible for vision. Blood flow is increased to both the optic nerve and the retinal structure of the eye. This aids in “waking up” dormant neuronal cells that have become “unhealthy” over a period of time.

The average patient starts with two sessions per day for five days over a two-week period, for a total of 20 treatments. Maintenance treatments then are staggered as needed. ■

NEEDLES OF HOPE
 1314 S. King St., Ste. 1050, Honolulu, HI 96814
 808-450-2527 | kathy@needlesofhope.com
www.needlesofhope.com



Leading the Way

in Rehabilitation, Ventilator & Tracheostomy Care

ISLANDS
 SKILLED NURSING & REHABILITATION

1205 Alexander Street
 Honolulu, HI 96826
 808.773.8700
islandsnr.com