

Services

PT Services

Kalaheo and Kapaa Physical Therapy at its Best



Ohana Sports Medicine provides a wide range of specialized rehabilitation programs that are tailored to each individual patient's needs. Since each patient is unique, and no two deficits are the same, this is only a basic list of some of the services that we offer.

PHYSICAL THERAPY

- Sports injuries
- Muscle weakness
- Balance/vestibular
- Bursitis
- Injury prevention
- Arthritis Management
- Joint pain
- Tendonitis
- Spinal cord injuries
- Neurological and traumatic brain injuries
- Spinal pain
- Work-related injuries
- Repetitive stress injuries
- Chronic headaches
- Pre-operative Strengthening
- Post-operative Rehab

SPECIALIZED PROGRAMS

Pelvic Health - Michelle Pacilio MPT, is the only Physical Therapist on Kauai who has indepth training and extensive experience working with patients with pelvic floor health issues. This includes addressing concerns surrounding muscle function, strength and tone of the pelvic region, incontinence, pelvic pain, as well as treatment post prostate or other pelvic floor cancers. To read more about the diagnosis and treatment of pelvic floor disorders, please click on the link above and visit the Pelvic Health section of our site.

Pre-Operative Education - We offer comprehensive programs that focus on educating our clients on how to prepare for surgery, and what to expect post operatively. We work directly with physicians and surgeons to ensure the patient understands the pre and post surgical protocol. We provide a thorough pre-operative evaluation of strength, range of motion, and functional abilities to track progress following surgery.

Employment Evaluations - We provide physical evaluations related to requirements of specific job descriptions including assessment of posture, strength, flexibility, and physical history. More information regarding work activities can be found in the education section of our web site to the left.