DETOURS

MUSCLES Continued from D1

Nagata has patients who swear by myotherapy, such as pro golfer Mari Chun. The 2005 Kamehameha Schools graduate played for Stanford program, but during her sophomore year she sustreatment. She recalls get-

University's prestigious golf tained a left shoulder injury and was sent to Nagata for ting "some bruising" during her first treatment, "which showed that my muscles weren't very healthy," she said. "Over the course of his treatment, I started getting some normal form in my muscles."

Chun would go on to make the All-American second team at Stanford and win the Hawaii State Golf Association's Women's Open in 2013. Her injury was later traced to a chronic spinal condition, so she's continued to get treatment from Nagata most summers except during the pandemic. She recently started getting myotherapy from him again as she pursues her golf

"Craig has been saving me a lot, because I'd go, and then I'd kind of get hurt, and then I'd see Craig, and he's really helped me resolve a lot of these issues that I've been having," she said in a phone call from Texas, where she was competing. "He helps release a lot of that tightness ... to the point where it's able to heal."

A careful diagnosis

Tsujii, who now runs two myotherapy clinics in Japan, taught his techniques to several local physical therapists including Nagata during the early 1990s, but Nagata is the only one to continue with it. In those early years, Nagata said myotherapy

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Orff's epic masterpiece.

SUN | NOV 13

4:00 PM

BLAISDELL

HSO & O'ahu Choral Society in Carl

sunny "Italian" Symphony.

SUN | NOV 6

HAWAII THEATRE

Man, and more.

SAT | NOV 12

7:30 PM

BLAISDELL

4:00 PM

"Haffner" Symphony & Mendelssohn's

Lea Almanza, Starr Kalahiki, Lady

Laritza La Bouche, Special Guest

Brandi Lee & Candi Shell.

SAT | NOV 5

HAWAII THEATRE

7:30 PM



JAMM AQUINO / 2019

was physically demanding on the therapists, requiring strength, flexibility and endurance in their hands and arms. Since then, Tsujii has invented the vibrating device, called a MyoVib, that makes the treatment less taxing on the therapist.

Tsujii said that instrument is the main difference between myotherapy and other forms of deep tissue

"Any kind of massage and/or manual therapy is for the improvement of the blood supply to the part you treat," he said. "Myotherapy uses the vibrator to increase the blood supply to the nerve roots.

Nagata stresses that myotherapy should not be seen as a panacea for all pain; it is designed specifically for pain in the muscles. He himself has arthritis in his knees, which hurt when he stands or walks too much. "I could do myotherapy as much as I like, but it's not going to make much of a difference because my problem is not primarily a muscular problem, it is primarily a joint problem," he said.

Dr. Henry Lew, a professor at University of Hawaii's John A. Burns School of Medicine and the director of Rehabilitation Medicine Education, while unfamiliar

TODAY'S PUZZLE ANSWERS

Over the course of his treatment, I started getting some normal form in my muscles."

Mari Chun

Pro golfer, pictured, teeing off during the 2019 U.S. Women's Open golf qualifier final round at Oahu Country Club. She has been getting myotherapy from physical therapist Craig Nagata since the late 2000s.

with myotherapy, said the concepts behind it sounded consistent with those of another therapy, extracorporeal shockwave therapy, which he has researched and found effective.

"The overriding theory is that you improve circulation, you reduce the spasticity, the spasm, because spasm causes pain," he said. "It appears that although a physician would use shockwave and Craig would use myotherapy, although it's different mechanisms, they achieve similar things.'

A careful diagnosis is required for myotherapy to be effective. Tsujii said that sometimes muscular pain

KEN KEN

manifests itself in places seemingly unrelated to injury. After a knee injury, for instance, "your back muscles and related viscera, like the intestine, will get stiffened, which will further tighten those muscles which create more bad circulation to those organs," causing more pain.

"Pain is the sign of lack of blood at the (injured) part and the nerves that supply the pain region," said Tsujii, who in addition to teaching physical therapy in Japan for 30 years also worked at hospitals in Philadelphia and Canada.

Nagata said that myotherapy requires entire muscle groups, or chains, to be worked on.

"We can't just do spot treatment," he said. "If somebody comes in and says, 'Treat right there. I only want you to treat right there,' then I probably wouldn't treat them, because it's not going to help them. ... We have to treat the part above the injury, and below the injury to effect systemic change.'

Nagata said patients usually need three to five sessions to start feeling better, with most patients getting seven to eight sessions to rarely go 10 to 12 sessions." he said. "If I gotta go that long, the patient's usually not going to get better. It will get better to a point, but it stays at that baseline level."

HAPASYMPHONY BEYOND HAPA



UP & DOWN WORDS

OF & DOWN WORDS	
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2. HARD	/_ROCK
3. ROCK	/,CANDY
4. CANDY	CANE
5. CANE	SUGAR
6. SUGAR	COOKIE
7. COOKIE	/ JAR

SEVEN LITTLE WORDS

1.	DUPLICATES
_	NAU FOTONIE

- 2. MILESTONE 3. DISC
- 4. METS
- 5. CRESTS
- 6. SCHEDULED
- 7. OVERT

SUDOKU HIGH FIVE

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NEW YORK TIMES CROSSWORD

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Alternative approach Antoinette Nip, 61, an of-

fice worker for her husband, Dr. Vincent Nip, started suffering neck pains that she blames on marathon workouts, crouching over her computer and a meticulous housekeeping routine that has her "cleaning down to the baseboards." She even had back surgery to alleviate her pain but has found myotherapy to be more effective. She tries to see Nagata on a monthly basis for "maintenance" purposes.

"I'd go for treatment, and then he'd tell me what to do and then I wouldn't listen, but I'd be good to go for months," she said. "And then it would happen again — I'd start getting tight, I couldn't turn my head, so I'd go back to him.

"Four treatments, and I'm good to go," she said, adding that her husband, a plastic surgeon, also has started getting treatment from Nagata upon her recommendation.

Myotherapy also might be preferred for people who don't want to take medication or undergo surgery. "It's an option, just like

people go to acupuncture or chiropractic care," Nagata said. "Like if I had back pain, I don't think I'd want to have surgery right away. Would I try alternative treatments? Heck yeah."

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