



PICTURED: Kanu M. Okike, MD – Orthopaedic Surgery

## QUALITY CARE FOR YOUR PAIN AND INJURIES

When you're injured, in pain, or recovering from surgery Kaiser Permanente Hawaii offers both sports medicine and physical therapy for our members. Our highly trained specialists help treat and prevent injuries from sports and exercise, post-operative care, neurological conditions, and spinal pain/injuries.

Our sports medicine and physical therapy teams take a non-operative approach to treatment and provide comprehensive care for members of all ages. If you're a high school athlete, recreational surfer, or leisure walker, suffering from an injury, our team can help.



### How we're different

Our integrated care system connects our members to all their caregivers and providers. What this means for our members is if their needs go beyond what sports medicine or physical therapy can provide, we can easily connect with different specialists or providers, whether it be surgery, radiology, or primary care.



## Direct access to care

Our sports medicine and physical therapy specialists allow self-referral for most services, so when our members are in pain from a sports or exercise related injury, spinal, neurological, or other conditions, they can call or go online to make an appointment.



## Treatment across the state

Physical therapy is offered at our clinics in Honolulu, Mapunapuna, Koolau, Waipio, Kona, and Maui Lani Elua.

Our sports medicine physicians are located at the Moanalua Medical Center.

### WHEN TO SEE SPORTS MEDICINE



Sports and activity-related injuries



Concussions



Osteoarthritis

### WHEN TO SEE PHYSICAL THERAPY SERVICES



Spinal pain



Neurological conditions



Injury and fall prevention



Post-operative care