

# REACH

WINTER 2021/22 EDITION

Stories of Inspiration  
from REHAB Hospital

## *Marching Forward*

with David Togami

When David Togami marched onto the field for the first time and heard the roar of the crowd, he knew he had accomplished something special. Only two years before, he wasn't sure he'd be able to walk again. Now he's marching side by side with his bandmates and can't help but feel an overwhelming sense of pride in that accomplishment.

**REHAB**  
FOUNDATION





# Music to our Ears



When David was a sophomore at Pearl City High School, just days shy of his 16th birthday, he went surfing with his friends and suffered an injury known as surfer's myelopathy. This injury can be caused by reduced blood flow to the spine while surfing and can lead to leg numbness and partial paralysis below the waist.

David and his family chose to come to REHAB and he was determined to rejoin the school marching band. He received customized therapy to support this goal and David worked hard for it!

Working with his clinical and therapy teams, David progressed from wheelchair to walker to walking with little assistance. This past year, now a senior, David marched and performed as a section leader. It was the greatest gift he could have in his final year of high school. "Walking back on to that field and marching to perform was really an awesome experience," he says.

David will soon start college and hopes to become a financial planner to help people with their financial goals. He also wants to keep music in his life and possibly join the University of Hawaii band. After a career in finance, he hopes to spend some years before retirement as a high school band director. With so many opportunities, David is excited about the future and is ready for the challenges ahead.

## Spinal Cord Injury Program

Rehabilitation can play a critical role in an individual's quality of life after a spinal cord injury like surfer's myelopathy. At REHAB, SCI patients receive a customized treatment plan of physical, occupational, speech, and recreational therapy based on their symptoms and recovery goals. REHAB is also proud to offer innovative technologies that support spinal cord injury rehabilitation.

To learn more about REHAB's SCI program, please visit [www.rehabhospital.org/programs/spinal-cord-injury](https://www.rehabhospital.org/programs/spinal-cord-injury)

In this photo, David is working with his therapist on REHAB's RT300 electrical stimulation bike, one of the only ones available in Hawaii. The bike uses electrodes on the surface of the patient's skin to send low-level electrical impulses to stimulate affected muscles while they exercise.



# Adapting to Today's Needs

## Introducing: REHAB's Pulmonary Recovery Program



For many COVID survivors, the battle persists far beyond initial exposure to the virus and can include prolonged respiratory-related issues such as difficulty breathing, shortness of breath, fatigue, persistent cough, chest pain, and worsening symptoms following exertion.

To meet the needs of these patients, REHAB therapists adapted and developed a program to address the unique challenges and long-haul symptoms these patients faced.

One of the first of its kind in the state, the REHAB Pulmonary Recovery Program is designed to improve breathing and oxygen saturation, while increasing stamina and the patient's ability to perform daily living activities.

When patients suffer from post-acute COVID or other respiratory illnesses, their inability to perform daily routines often results in inactivity that can worsen symptoms. REHAB's program is able to break this cycle by offering sessions tailored to each patient's specific needs with the goal of minimizing respiratory symptoms such as shortness of breath and fatigue so they can return to living their daily life. Therapy and recovery sessions focus on conserving energy and controlling shortness of breath through specific and adapted rehabilitation exercises.

The program is not exclusive to long-haul COVID patients, but also provides benefits to patients experiencing other respiratory issues or lung diseases by lessening or even reversing disabling respiratory symptoms.

REHAB Pulmonary Recovery Program is provided both through inpatient and outpatient care and will soon be included as a part of our community REHAB Strong classes\*.

*\*REHAB Strong Classes will reconvene when COVID guidelines safely allow for group gatherings.*

To learn more about the programs discussed in this edition of REACH, visit <https://bit.ly/REACH-0122> or scan this QR code.





## IN THIS ISSUE

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### Music to our Ears:

The inspiring story of Spinal Cord Injury (SCI) survivor, David Togami



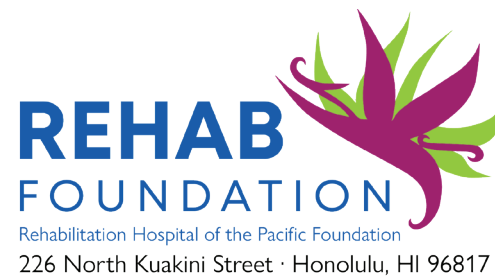
### About REHAB:

Learn more about our SCI program

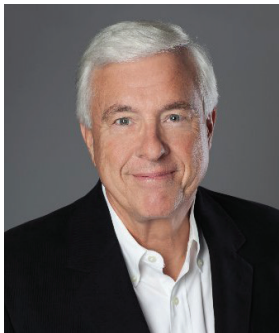


### Introducing our Pulmonary Recovery Program:

An innovative program that helps with long-haul symptoms of COVID-19 and other respiratory illnesses



## Message to our REHAB Ohana



Happy New Year! We hope you were able to welcome the new year safely and in good health! New Year's is traditionally a time when people commit to resolutions with promises of change. At REHAB, we are inspired every day by seeing our patients' commitment to change. Our patients, like David highlighted in this issue, are committed to learning, changing and adapting to new ways of doing things so they can get back to doing the things they love.

Thank you for caring about our patients and our hospital. It is because of people like you who care that we can continue to develop new programs, like our pulmonary recovery program, that support the evolving needs of our patients. We look forward to another year of rebuilding more lives together in 2022!

**“Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.”**

Dr. Seuss, *“The Lorax”*



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