

BOCA RATON

SPRING

NO. 23

President/Publisher
Margaret Mary Shuff

Editor
Gregg Fales

Advertising Director
Fran Parmelee

Account Executives
Connie Klosheim
Elizabeth Press
Cynthia Wilson-McCune

Art Director
Susan Painter

Distribution Manager
Charles Etman

Graphics
Maire McArdle

Acupressure/ Hoshino Therapy

Hoshino therapy is a form of acupressure referred to as the art and science of hand therapy. It was developed several years ago by Professor Tomezo Hoshino who merged the principles of acupuncture with the art of hand therapy. His special style of treatment aimed to relieve pain due to the hardening of ligaments or arthrosis, a condition that underlies soft tissue disorders such as bursitis, tendinitis, back pain and muscular tension.

All staff members, including Director Bodhi Kocica, are trained under the close supervision of professor Hoshino and have to be licensed and recertified on an annual basis by the Registered Massage Therapists (RMT) in the Florida.

The hand is the only instrument used during Hoshino therapy. Pressure is applied to various "vital" points, of which there are 250 located throughout the entire body structure. By the use of their thumbs, therapists can detect hardened tendons, ligaments and early stages of calcification long before these health problems show up on X-rays, Kocica says.

"Professor Hoshino was an acupuncturist for many years and felt his patients were getting only temporary relief. Then he discovered he was getting better results by using digital thumb pressure."

Once a trouble spot is located, deep pressure is used to revitalize soft tissues

and create a deep, soothing heat which increases the blood flow that counteracts the cold rigidity of the affected parts. As tissue activity improves and stress is relieved, pain tends to disappear in most cases, Kocica maintains.

A complete evaluation is given at the initial visit. The therapist analyzes the source of the health problem, determines if therapy will help and says approximately how many treatments it will take to recover.

Thirteen-year-old Erica Chapalow was undergoing treatment at the clinic during the time of the Hoshino interview. Over a year ago she badly injured her leg in a swimming pool accident. Since then she had been through several hospital stays, painful testing and 11 doctors. "You don't know what it is like to see your child lying in the hospital in so much pain," said Erica's mother.

In spite of all opinions, testings and treatments, Erica was not helped and seemed destined to spend the rest of her life a cripple. Through the suggestion of a relative, the Chapalows took a chance and sought out the Hoshino Clinic as a last resort.

"At first I could not touch her," comments Kocica. "She had been growing at a natural rate for the time after her injuries, but the damaged tendon and ligaments in her thigh had not."

After several treatments of massaging and stretching the tendon and ligaments, Kocica was able to relieve Erica's pain and enable her to return to school under the power of her own two feet. Mrs. Chapalow could not praise and thank Kocica enough.

In the waiting room of the clinic is a large three-ring notebook, containing dozens of handwritten and typed letters from appreciative patients who claim their ailments were helped through Hoshino therapy. Some of Hoshino's more famous patients have included pianist Arthur Rubinstein, labor leader Cesar Chavez, actress Greta Garbo and the Dutchess of Windsor.

A retired television and radio executive who lived in misery from a slipped disc and sciatica, states, "I've suffered from low back pain most of my life. My doctor, who said my discs were deteriorating, had me wear a brace and recommended surgery. After my last attack, I was in so much pain, I could hardly move. My friend suggested Hoshino Therapy and after only six treatments all my pain is gone... I feel like a new man."

