



**“Restoring strength,
flexibility, balance
and happiness.”**

Jason Dacumos PT, MPT, OCS

Providing Oahu with excellent
in-home physical therapy, service,
and care.



Email: jason@makaimobile.com
Phone: (808) 783-9320
Fax: (808) 396-5581

www.makaimobile.com

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Fax: (808) 396-5581

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Jason A. Dacumos PT, MPT, OCS

B.S. Exercise Science:

University of California, Davis 2002

Master's in Physical Therapy:

California State University, Fresno 2005

**American Board of Physical Therapy
Specialties:**

Orthopedic Clinical Specialist 2008

Memberships:

American Physical Therapy Association (APTA)

Jason is an orthopedic specialist who has extensive experience in vestibular and balance rehab. He received his training from Fresno State Gait and Balance Clinic and West Coast Physical Therapy and Balance Center in Pacific Grove, CA.

What services are available?

Orthopedic Rehabilitation

A comprehensive exam determines the focus and helps develop goals of treatment. Treatment plan includes patient specific exercises, manual therapy (i.e. manual traction, joint mobilization, STM, cross friction, myofascial release, soft tissue massage), and other modalities as needed.

Balance Training

Uses specific balance and functional tests to determine the level of fall risk. Treatment involves exercises specific to training the vestibular, visual, and somatosensory system, as well as pertinent muscles involved in maintaining balance and posture.

Gait Training

A thorough analysis of ambulation followed by proper stretching, strengthening, and instruction can help in creating a more efficient and well-postured gait cycle.

Home Assessment

Conducting a home safety assessment can reduce fall risk and improve quality of life by implementing simple changes to the home environment.

Who makes a good candidate for in-home physical therapy?

- If you have difficulty with transportation.
- If it takes a considerable amount of effort to prepare and leave the house
- If you have difficulty walking
- If you have poor balance or increased fall risk
- If you want the convenience of exercising and learning in your own home environment

What conditions can be treated with in-home physical therapy?

- Any orthopedic injury (neck, back, arm, leg)
- Post Surgery
- Poor Balance/Fall Prevention
- Post Fracture
- Deconditioned/Weakness
- Post Stroke/Spinal Cord Injury
- Post Partum
- Other

A Home Exercise Program (HEP) is necessary for all patients to return to their full potential.

Information for the Medical Professional

- Considered in-home outpatient physical therapy
- Bill Medicare Part B
- No Occupational Therapy at this time
- Treatment can be done in adult day care as well as in home
- Accepts all insurances

What areas do we serve?

Hawaii Kai to Pearl City

Waimanalo to Kaneohe Town



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