

# Apple

## THERAPY SERVICES

Manchester • Amherst • Londonderry • The Executive • Bedford • Nashua

This month we are proud to announce Apple Therapy Services has been selected as New Hampshire's Best Physical Therapy in the 2014 Union Leader Readers Choice! We would like to thank the continued support of our partners, patients and staff to make Apple Therapy the Best of 2014! Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT, ATC



### WHAT'S NEW AT APPLE THERAPY

#### VESTIBULAR REHAB OFFERED IN THREE LOCATIONS

Vestibular rehabilitation is a specialized form of therapy designed to reduce dizziness and disequilibrium associated with primary and secondary vestibular disorders. As many as 45% of people with dizziness have a disorder of the vestibular system. Treatment may include- canolith repositioning maneuvers for BPPV, coordination of eye and head movements, stimulating the symptoms of dizziness in order to desensitize the vestibular system, balance and gait training and improving general activity levels. BPPV is often treated in just a few office visits, where more involved vestibular disorders will require a longer duration of Physical Therapy. Apple Nashua (Stacie Hoegen), Manchester (Carolann Altieri), & Londonderry (Blair MacDonald) currently offer Vestibular Rehab programs. A recent patient stated "This is my second time working with Stacie for Vestibular Rehab. Results have been tremendous- Back to work in record time!"



Apple Therapy Services | <http://www.appletherapy.com> | (800) 977-9041

### COMEBACK ATHLETE OF THE MONTH

#### Alex Tamulonis of the Apple Therapy Amherst

**Injury:** Chronic midfoot strain

**Physical Therapist:** Karin Biskovich, MPT, Apple Therapy Amherst

#### Alex's Story:

Alex came to see us in the late winter of 2014 after dealing with long-standing pain in his midfoot. He had tried other types of treatment without improvement and was eager to get back to running. We found that Alex had developed soft tissue restriction in his midfoot tendons likely due to an unstable and flexible foot. With advanced strengthening, balance work, and Graston technique® soft tissue mobilization Alex was able to gradually return to running with minimal pain. He had his best track season yet with a 4<sup>th</sup> place finish in the pole vault at the New England championships. Also he was able to compete in the New Hampshire decathlon meet and finished 7<sup>th</sup> overall.



**We wish Alex the best in his college track season at UNH!!**