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April 2017

Karin Biskovich, Laura Jackson, Heather Comstock, Scott Mercier, and Lynn Novier represented Apple Therapy at the post-race massage tent for the Millennium Running Shamrock Half Marathon in Manchester on March 25th. Despite the rough weather conditions, we had many runners visit our tent. We had positive feedback on how helpful the massage is for the athlete's recovery. Cheers!
- Karin Biskovich, MPT and Laura Jackson, DPT

APPLE THERAPY/ESPN NH SCHOLAR ATHLETE OF THE MONTH

Sam Anderson, a senior at the Derryfield School, and Susie Poore, a senior at Windham High School, have been named the Apple Therapy Student Athletes of the Month for March.

Anderson, who was a part of the Cougars' basketball team, finished his four-year career with over 1,000 points. He plans to attend New York University in the fall. "Sam is one of the finest players to play for me," said Derryfield basketball head coach Rob Bradley. "He is a terrific young man."

Poore was captain of the cross-country and track teams at Windham, who was named to the NHIAA cross-country all-state team. She is currently ranked fourth in her class, and intends to run both cross-country and track at Lehigh University.

LATEST EVIDENCE/DRY NEEDLING

In the April issue of *Journal of Orthopedic & Sports Physical Therapy*, Lane et al. presented a case report about the use of Dry Needling to resolve symptoms of neck and shoulder pain and tingling into the upper extremity. A patient presented with primary shoulder pain and secondary neck pain and upper extremity numbness. Compression of a trigger point in the infraspinatus and teres minor reproduced the pain. Her pain and symptoms were resolved in 3 visits with dry needling, manual therapy, and exercise.

COMEBACK PATIENT OF THE MONTH

Injury: Vertigo

Therapist: Stacie Hoegen, DPT, Apple Nashua

The patient was a 29 year old male mechanic who has been dealing with vertigo for years. It began insidiously following laying in bed. Upon evaluation, patient's baseline is that a picture on the wall is shaking when he is looking at it and recently worsened to the point where he feels dizzy while driving on the highway and feels as if he may pass out. He was referred to PT by a family member who knew Apple therapy treated vertigo. Pt was given canalith repositioning exercises for home at the evaluation and on the first follow up was given habituation and balance exercises. By follow up visit #2, the patient stated he no longer had static vertigo and had symptoms infrequently while driving.

VESTIBULAR REHABILITATION

Did you KNOW that PT's can treat VERTIGO?

We have a vestibular rehab PT at each of our facilities. Many people suffer from vertigo, also known as BPPV (Benign Paroxysmal Positional Vertigo), which is most often described as dizziness caused by changes in head position. Other factors that commonly cause vertigo are activities like driving or riding in a car and shopping in a grocery store. Most people are unaware that physical therapy can not only help, but often times eliminate symptoms in just a few visits. PT's will prioritize scheduling an evaluation for a patient with vertigo because it is most useful when symptoms are occurring and vertigo is actively affecting the patient. During the evaluation, the PT will assess eye and head movement, examine the patient's ability to transfer out of bed, ambulate, & balance. The PT will then address these deficits by developing an individualized treatment plan. A PT will spend time one-on-one with patient to help them understand the disorder, recognize signs and symptoms, and most importantly teach the patient how to SELF-manage. Often, people visit 3-5 doctors when experiencing vertigo when all along their physical therapist could help treat their symptoms.

