

Apple THERAPY SERVICES

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Congrats to the women of Apple for finishing third overall at the Cigna 5K Corporate Road Race. Our winning top five women included Christine Shaw, Deborah Slason, Karin Biskovich, Heidi Camire, and Jeanne Callahan. In addition to our winning team Apple had several participants in the 5K. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT, ATC

THIS MONTH IN PHYSICAL THERAPY

In the August issue of *Journal of Orthopaedic and Sports Physical Therapy*, Cashman et al. used a single subject research design with four consecutive patients with posterolateral hip pain and acetabular labral tears. They used a combination of myofascial treatment (ART or Active Release Technique), stretching, and strengthening for the hip abductors, external rotators, and tensor fascia latae. The patients were also provided with a home strengthening and stretching program to be performed consistently. Two outcome measures were used to assess improvement. Improvements in scores were statistically significant in both treatment and post treatment phases in all patients.

ART is offered by Matt Modelane, DPT at our Nashua Office. The soft tissue techniques of Graston Technique and Trigger Point Dry Needling could also be considered in this patient population.

WHAT'S NEW AT APPLE THERAPY

SCRIPT NOW NEEDED FOR DEXAMETHASONE AND ACETIC ACID

Bedford Pharmacy will no longer be fulfilling our clinic prescription orders for dexamethasone and acetic acid. We ask if you feel you have a patient who would benefit from iontophoresis with either dexamethasone or acetic acid please include a separate pharmacy prescription for your patient to fill.



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

COMEBACK ATHLETE OF THE MONTH

Carabeth Norklun of Apple Therapy Amherst

Injury: Hamstring Strain

Physical Therapist: Karin Biskovich, MPT, Apple
Therapy Amherst

Carabeth's Story:

Carabeth felt a pop in her hamstring and hip during a gymnastics meet while doing a switch leap. She was very limited with walking and activity due to pain. Eight weeks after her injury she was due to compete in the YMCA Gymnastics National Championships. Following two weeks of rest and six weeks of PT, Carabeth was able to compete in all 4 events at Nationals. We were very excited to see Carabeth have a successful finish to her gymnastics season.

