

# Apple THERAPY SERVICES

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

August 2015

We did it again! Apple Therapy was voted Best Physical Therapy Clinic in the Union Leader Reader's Choice Awards for 2015.



We are thankful to all our patients for thinking of us each year at voting time. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

## WHAT'S NEW AT APPLE THERAPY

We at Apple Therapy are happy to announce the hire of Jessica Bolster, DPT in our Londonderry location in May of 2015. Jessica received her Doctorate in Physical Therapy from Franklin Pierce University in 2015. We were fortunate to have her for one of her clinical rotations during her third year of graduate school. Everyone in Londonderry was impressed with her as a student, and we continue to be impressed with her as an employee. Jessica has shown her determination and drive to be the best therapist she can be by already attending continuing education courses to become certified in both Graston Technique and Trigger Point Dry Needling. We are thrilled to have her on our team and know our patients feel the same way. Please join us in welcoming her to Apple Therapy.



## COMEBACK ATHLETE OF THE MONTH

### Melissa Sprague

**Injury:** Patella tendonitis

**Physician:** Karen Morgan, DO, Derry Pediatrics

**Physical Therapist:** Ben Biskovich MPT of Apple Therapy at the Executive

Our comeback athlete of the month, Melissa Sprague, is unique in that she never missed a game as she was battling through chronic left patella tendonitis on her plant leg as a softball pitcher for Londonderry High School. This has been a recurrent issue over the last year as she did travel team as well as training, personal coaching, and tournaments. Taking a break and giving it adequate time to heal just didn't feel like an option for her heading into her all important senior year. Therapist, Ben Biskovich, treated her with a combination of stretching, Graston, Kinesiotaping, and anti-inflammatory modalities to keep her on the field when things were flared up. She was given a strength and flexibility home exercise program to do between seasons as she was able. Not only was she able to stay in the game but she had a season for the ages, striking out 183 batters in 103 inning with a 0.68 ERA. She was honored with the New Hampshire Pitcher of the Year award for her efforts. We wish her continued athletic and academic success at the University of New England this fall.



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

