



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

December 2017

Merry Christmas and Happy Holidays from the staff at Apple Therapy! It has been a busy time of year as folks are getting their aches and pains treated after meeting their insurance deductible. It is also very festive in the clinic so overall a fun place to be! Our signature Millennium Running event is coming up quick. The 19<sup>th</sup> Annual **Apple Therapy** and **Sports & Rehab** Millennium Mile is on New Year's Day. Encourage your friends and family to run their fastest mile yet. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

### **WHO WILL BENEFIT FROM LYMPHATIC MASSAGE?**

Manual Lymphatic Drainage (MLD) and Complete Decongestive Therapy (CDT) are two forms of treatment that aim at reducing lymphedema, dynamic edema or a combination of both. MLD is a very specific type of massage that primarily addresses the superficial lymphatic system; CDT is the follow up treatment and is comprised of bandaging with specific foam and short stretch bandages that are to be worn during exercise and daytime movement. This treatment can be provided by certified lymphatic therapists. The certification is an intense class which is typically 160 hours of hands on training. The types of patients who may benefit from MLD/CDT are:

- post operative swelling from an orthopedic procedure
- post operative swelling caused by radiation or lymph node removal
- post operative gynecological procedures
- Swelling from trauma of any kind
- venous insufficiency
- sinus or congestion disorders
- migraines
- chronic constipation
- neurological disorders such as MS
- pain

Apple Nashua has 2 Certified Lymphatic Therapists! Consider sending your patients for a consult to see if this highly effective form of managing edema is right for them!

### **COMEBACK PATIENT OF THE MONTH**

#### *Trigger Point Dry Needling*

**Craig** of Apple Therapy Amherst

**Injury:** Calf Pain

**Physician:** Self-Referral for dry needling

**Therapist:** Laura Jackson, DPT Apple Therapy Amherst

Craig came to Apple Therapy following increased calf and hamstring pain from Ironman training. At the beginning of therapy, he was altering his running gait significantly to complete training runs. Over the course of a month of functional dry needling Craig's pain decreased from a 9/10 pain to no pain and he was able to finish his training marathon at his goal pace of 3:30. From there Craig continued his Ironman training with no pain and minimal tightness. In November, Craig finished 7<sup>th</sup> in his age group at his Ironman race. We wish Craig continued success at future races!

There is available research to support the use of trigger point dry needling particularly in athletes. It has shown that dry needling has a positive impact on pain, performance and quality of life especially in tandem with stretching, strengthening and non-invasive treatment. Ask us for literature!

### **CURRENT RESEARCH IN PT**

#### *Physical Therapy and Frozen Shoulder*

There is a recent article reviewing the use of physical therapy in the treatment of frozen shoulder. They cited several articles that demonstrate the use of physical therapy in conjunction with NSAIDs and physical therapy along with corticosteroid injection are more effective than NSAIDs alone or injections alone. Physical therapy and home exercises can be an immediate treatment for adhesive capsulitis.

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