

# Apple THERAPY SERVICES

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

January 2016

For 2016, we plan to continue our involvement in the local community. We will educate our previous and potential clients with our presence on social media, booths at local races, expos and wellness fairs. We will also seek out opportunities to present our knowledge to the community and encourage people to seek PT /OT early after injury. Follow us on Facebook to stay in touch. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT



## APPLE THERAPY/ESPN SCHOLAR ATHLETE FOR DECEMBER

Apple Therapy is proud to support and sponsor the ESPN NH Scholar Athletes. We look for the most unique, talented, and skilled high school senior student-athletes to be honored monthly for their achievements. The December athletes are Max Urda of Milford and Lexi Lewis of Windham. Both have impressive accomplishments. Max is the captain of the Milford football team and volunteers as a coach in his community. Lexi is a 3 sport athlete and even participated in 2 spring season sports for Windham (lacrosse and track).

## CURRENT RESEARCH IN PT

In the latest issue of the Journal of Orthopedic & Sports PT, a group of researchers looked at the effect of a daily brace worn by participants with **patellofemoral osteoarthritis**. They found that wearing the brace for 7 hours daily did not have an adverse effect on muscle strength or quadriceps inhibition compared to no-treatment control conditions.

## BICYCLE FITTING NOW OFFERED AT APPLE THERAPY

Do you ache after your ride? Do your knees hurt? Well, they don't have to and you don't have to. Being properly fitted to your bicycle is as critical as buying the bike that you want. Without a good bike fit, you could be miserable.

There are three main areas that are critical to a getting a good bike fit; the saddle, pedals, and handlebar. In addition, paying attention to coordination, flexibility, and strength of your body. The bike fit process includes adjustment of the bike to fit your body and finding ways for the body to best adapt to the activity of bicycling. A complete bike fit session includes exercises to adapt you to the demands of cycling. It's best performed by a physical therapist who is knowledgeable in both the body and bicycling issues such as equipment and geometry.

Shad Hansen, MPT OCS is a Bike PT with more than 15 years of clinical experience working with orthopedic and sports injuries. Shad is a multisport endurance athlete, an avid soccer player and coach, and an outdoor enthusiast. He has completed multiple triathlons from sprint to Ironman distance, marathon and ultramarathon running races and long distance cycling events. Shad is now treating at our Nashua and Amherst offices. We are happy to have him on board.



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

