

Apple THERAPY SERVICES

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January 2017

Apple Therapy is a consistent presence at Millennium Running events. This month we supported the Snowflake Shuffle at the Copper Door on January 15th. Karin encouraged runners to visit our running gait lab to get their running form analyzed in order to prevent injury and become a more efficient runner.



Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

ESPN NH/APPLE THERAPY STUDENT ATHLETES OF THE MONTH

Congratulations to the Apple Therapy Student Athletes of the Month for December, Udit Sharma, a senior at Bishop Guertin, and Jenna Chrabolowski, a senior at Manchester Central.

Sharma was a key member of the Cardinals soccer team who plans to attend Johns Hopkins University in the fall. "I heard both coaches and team members describe Udit as the strongest leader on the team," wrote Bishop Guertin Principle Jason Strniste.

Chrabolowski was an All-State member of the Little Green field hockey team, who also plays basketball and softball for Central. She is a member of the National Honor Society and Rho Kappa. "You will not find a more dedicated person," wrote Julia Roberts, who nominated Jenna.



COMEBACK PATIENT OF THE MONTH

Patient: Cora Holtshouser

Injury: Post-concussion

Physician: Dr. Engel

Therapist: Heather Comstock, DPT Apple Therapy Amherst

Cora joined us in early October presenting with significant post concussion symptoms from a concussion sustained in June from softball. She was experiencing headaches, dizziness, muscle weakness, motion sensitivity, difficulty balancing, decreased cervical range of motion, and trigger points along cervical musculature. Initially, headaches and dizziness were quickly elicited during any form of visual tracking activity, riding in a car, focusing in school, and agility or aerobic activity. Her therapy began with focus on reestablishing her balance and visual control (affected by an injured part of the brain post concussion), for instance having to look from one post-it note to another attached to the wall without eliciting symptoms. Today, she is nearing the conclusion of her therapy with increased tolerance to head and eye movements, jumping, light jogging, and agility ladder training. She has worked very hard over these past 3 months and will continue to do so as she returns to softball training this winter!

