

Apple

THE RAY THERAPY SERVICES

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

January 2019

Happy New Year! We hope 2019 has treated you well so far! This month Apple Therapy Services and Sports and Rehab sponsored the 20th annual Millennium Mile. This year a 20 year course record was broken by Reid Buchanan with a time of 3:49.3!! Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

What's New at Apple Therapy

Congratulations to Nashua clinic director Lynn Novier, OTR, CHT, CLT who was appointed as a board member for the New England Hand Society! Lynn will serve as a therapy liaison on the board.

Bike fitting now offered in Nashua and Amherst



Cycling is a great way to build fitness and enjoy the outdoors. Unfortunately, 85% of all cyclists experience some form of knee, back, neck/shoulder, and/or saddle pain when riding. Riding a bike should be pain-free! The first step begins with a professional Bike Fit, tailored to your musculoskeletal needs. Bike fitting is currently offered at our Nashua and Amherst locations. For more information or to schedule a bike fit call Nashua (603) 889-0177 or Amherst (603) 769-3331!

Comeback patient of the month

Patient: Kevin of Apple Therapy at the Executive
Injury: L4-S1 Spinal Fusion

Kevin began Aquatic Physical Therapy with Apple in September. Kevin had a history of disc degeneration and opted for L4-S1 spinal fusion prior to beginning therapy. He began with treatments two times a week in the pool for six weeks. He began increasing his mobility as well as beginning lower extremity strengthening and core stabilization exercises. After 6 weeks he was then transferred to land therapy, where we were able to advance his exercises, improving his core strength, endurance and overall functional mobility. By the end of November, Kevin was able to return to many of his daily activities without limitation and eventually return to work only three months post-op. Aquatic Therapy is a great way to get a patient moving again and is offered at our clinic in the Executive Health Club.

What's new in Physical Therapy

A new study found that band placement around the feet generated the **highest amount of gluteal activity without increasing TFL activity** when compared to band placement around the knees or ankles.

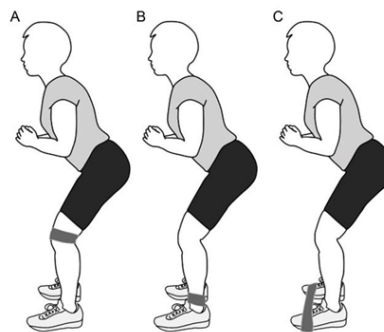


Figure 1. Illustration of band position during resisted side stepping. A, Knees. B, Ankles. C, Feet.

Lewis et al. 2018.

PHYSIO
NETWORK

