

# Apple

## THERAPY SERVICES

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

July 2015

Apple Therapy has done it again and won the Best of NH for 2015!! We have entered into the heart of summer and racing season for many athletes. We have been able to celebrate many successful finishes at road races, triathlons, and adventure races. Apple continues to help athletes get through their respective seasons and be the best they can be. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT, ATC

We are sad to say to goodbye to Ernest Pagan, PTA who is retiring after 12 years with Apple Therapy. He has been the main stay of our work hardening program in Bedford and Executive, along with producing successful numbers for RTW. We wish him the best in his retirement. Dana Breeden, PTA will be stepping into Ernest's place in addition to continuing the **aquatics** program at the Executive Health Club.



### THIS MONTH IN PHYSICAL THERAPY

In the most recent issue (July 2015) of the *Journal of Orthopaedic & Sports Physical Therapy*, there is an interesting case report of Conservative Treatment of Subacute Proximal Hamstring Tendinopathy Using Eccentric Exercises Performed with a Treadmill by Cushman and Rho. A 34 yo male triathlete, after a failed response to 4 weeks of eccentric knee flexion and lumbopelvic musculature strengthening exercises, initiated an eccentric hip extensor strengthening program using a treadmill. Within 12 weeks, he returned to full activities and had complete resolution of symptoms. Ultrasound images performed 8 weeks after initial examination showed similar widths of the proximal tendon versus a thickened tendon at initial examination.

### COMEBACK ATHLETE OF THE MONTH

**Stacy Sweetser** of Apple Therapy Amherst

**Injury:** Tibial Stress Fracture

**Referred by:** Dagan Cloutier, PA of NHOC

**Physical Therapists:** Karin Biskovich, MPT and Laura Jackson, DPT

Stacy was originally referred to Apple Therapy for bilateral tibial stress fractures in 2014 at the end of her triathlon season. With the use of modalities and strengthening, she was able to return to her training program the following season. We quickly realized that tightness and restriction in her calves and hamstrings were limiting her ability to recover and progress in her training. She started seeing Laura for trigger point dry needling and Graston technique which has allowed her to train and compete in top form, with 2015 her best triathlon season yet. Stacy's most recent accomplishment was first overall female at the Mass State Triathlon in July.



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

