

Apple

THERAPY SERVICES

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June 2015

Last month Apple Therapy was a sponsor of the first Gate City Marathon and participated with a 5 person relay team of Lynn Novier, Brandt Capone, Heidi Vachon, Lizz Ramirez, and Laura Jackson. We were glad to be a part of it and support the community. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT, ATC



WHAT'S NEW AT APPLE THERAPY

Carol Lewis OTR, CHT is now an Upper Extremity Certified Active Release Provider. Active Release Technique (ART) identifies and treats soft tissue injuries of muscle, tendon, fascia and nerve. ART is used by the NFL teams for their athletes, Ironman triathletes, as well as by weekend warriors. It is often used for treatment of carpal tunnel and other nerve syndromes, shoulder impingement or overuse, and tennis elbow. Carol is one of the few providers of ART who is an occupational therapist and a Certified Hand Therapist. Learn more at activerelease.com

In May, Apple Therapy in Manchester co-sponsored "Hands On Treatment Techniques for Upper Extremity Dysfunction", with Procure Physical Therapy. The course integrated current clinical concepts and evidenced based treatment with Kinesio taping, mobilization with movement, and neurodynamics. Hand therapists from throughout New England attended and included our own therapists, Sue Boisclair OTR,CHT, Stacie Hoegan, DPT, Carol Lewis OTR, CHT, and Karen Shields, OTR, CHT.

COMEBACK ATHLETE OF THE MONTH

Michael came to Apple Therapy Executive after undergoing bilateral knee replacement. He was unable to exercise for 17 years due to knee pain. Michael had the goal of skiing in Colorado and hiking the Appalachian Trail following his surgery. He was given a gradual yet aggressive ROM and exercise program in therapy. He attended 12 PT visits over the course of 6 weeks and dedicated himself to a home exercise program. Four months post surgery; he was skiing with his family in Aspen. Congratulations to Michael on his dedication and success. We wish Michael luck as he pursues his goal of hiking the Appalachian Trail this year.



THIS MONTH IN PHYSICAL THERAPY

The star excursion balance test is a common test and exercise used in ACL rehabilitation and return to sport. Clagg et al. reported in the most recent issue of *Journal of Orthopaedic & Sports Physical Therapy* that participants post-ACLR demonstrated decreased anterior reach in bilateral limbs compared with uninjured participants. This difference was associated with decreased muscle strength and not time from reconstruction.



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