

Apple THERAPY SERVICES

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March 2017

Last weekend Karin Biskovich, Laura Jackson and Heather Comstock represented Apple Therapy at the WZID Women's Expo in Manchester. We had several great conversations about Apple Therapy and the treatments that physical therapists can provide. This Saturday March 24th we will be present at the Millennium Running Shamrock Half Marathon. We will be handling the post-race massage. It is great to talk with the runners, hear their experience and answer questions about any aches and pains they may have. It is rewarding to be out there in the community! Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT



APPLE THERAPY/ESPN NH SCHOLAR ATHLETE OF THE MONTH

Nashua, NH – Ethan Skinner, a senior at Goffstown High School, and Madeleine Hunt, a senior at Souhegan High School, have been named the Apple Therapy Student Athletes of the Month for February.

Skinner, who was a part of the Grizzlies' state-champion soccer team, is also a key member of Goffstown's basketball team who plans to pursue a business career after graduation. He hopes to attend Babson College and play soccer in the fall.

Hunt also celebrated a state championship last fall, when the Sabres won their first cross-country title in school history. She also holds individual school records in both cross-country and indoor track. Hunt plans to run for Bucknell University after graduation.

COMEBACK PATIENT OF THE MONTH

Patient: Tammy Hartman

Injury: Chronic Neck pain with history of cervical fusion
Therapist: Karin Biskovich, MPT Apple Therapy Amherst

Tammy came to Karin with significant chronic neck pain that had recently flared up, requiring her to take Advil regularly to control her pain. She was unsure of what to do to help decrease her pain. She presented with moderate to severe restriction of her neck muscles (upper trapezius and levator scapula) and poor core and postural strength. Physical Therapy included soft tissue work and strengthening exercises of her shoulders, core, and neck. Tammy was incredibly compliant with her exercise program and PT visits and made remarkable progress. Her gains in postural and core strength contributed to a significant decrease in muscle guarding and tension in her neck muscles and a decrease in pain levels. Tammy is able to perform more activities around the house without fear of re-injury.



WHAT'S NEW AT APPLE THERAPY

Lynn Novier of the Nashua clinic has attended the first course for her lymphatic massage training. She can start treating post-op and general edema patients.

Brandt Capone is holding a Golf Spring Training Class at the Apple Therapy Wellness location in Manchester starting on March 22nd and running for 4 weeks.



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

