

Apple

THE R A P I D T H E R A P Y S E R V I C E S

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

November 2017

Apple Therapy teamed up with Millennium Running for the 2nd year as part of the Manchester City Marathon. We provided free sports taping and injury screening the Saturday before the marathon. On marathon day we helped runners with recovery at the post-race massage and recovery tent. It was another great interaction with the runners in the community. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

MANCHESTER CITY MARATHON 2017



The Sports Taping Station for all 5k, half marathon, marathon, or relay runners available on Saturday.



On site for Post-Race Massage for all half marathon, marathon or relay runners on Sunday.

COMEBACK PATIENT OF THE MONTH AND AQUATIC THERAPY

Injury: Total Knee Replacement

Physician: Dr. Benson of NHOC

Therapist: Jordan Jerome, DPT at Apple Executive

Stephen began physical therapy in August after undergoing a total knee replacement with Dr. Benson. Stephen began land therapy 3 times a week until he was cleared by his doctor to begin aquatics. He began aquatic therapy twice a week and land therapy once a week. From the beginning of Stephen's therapy he had difficulty with his ROM due to swelling in his knee. Aquatics helped him make gains with his motion as well as work on gait training, balance and strengthening. Through his membership with the Executive he had access to the pool, so at 4 weeks he began his transition to an aquatic HEP and began focusing with us on land therapy. In the gym Stephen was able to focus more on strength and improvement with functional activities. Stephen has since begun getting back into being more activities such as walking and hiking.

CLINIC UPDATES

Apple Nashua will be hosting free 15-minute consultations at their location. The clinics will run the last Wednesday of each month from 5-7 pm.

Have you ever wondered if YOU could benefit from Therapy following an injury or surgery??



Come to Apple Nashua and find out!

We are offering a **FREE CLINIC** on the last Wednesday of each month between the hours of 5-7 PM.

Please call to schedule your **FREE** 15 minute consult!

Space is limited
603.889.0177





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

