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October 2015

October is National Physical Therapy month. We celebrate all those wonderful Apple PTs and the healing that they accomplish. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT



## THIS MONTH IN PHYSICAL THERAPY

Knee replacements have more than doubled since the year 2000, and now exceed 700,000 procedures per year. Studies published in the *Journal of Bone and Joint Surgery* indicate that simultaneous bilateral knee replacements have more than tripled during that same period of time, presently accounting for 6% (42,000) of all procedures. In 2013 they estimated the cost of bilateral surgery at \$43,401 compared with \$72,233 for two separate surgeries staged over time. This initial study found no significant difference in outcomes or complications between the two groups. However, two more recent studies published in the same journal have found increased rates of complications such as blood clots, an increased need for blood transfusions, or subsequent surgery within 30 days. Typically these patients are in the hospital an extra day and require a week of inpatient rehab before finally going home. Despite this, the coauthor of this study stated for healthy patients in their 50s and 60, "...it's an elective decision. If you are extremely selective, you can do this operation very safely". In 2013, a consensus group of experts recommended that surgeons use more restrictive criteria to select patients for double knee replacements and exclude those with high cardiac risks or BMI > 40.

## ACTIVE RELEASE TECHNIQUE CASE STUDY

A 45 year old female was referred to Carol Lewis, OTR/L, CHT for Active Release Technique on the recommendation of Karin Biskovich, PT. She struggled with neck pain and shoulder tightness following shoulder arthroscopy with plication on July 28, 2015.

Pain and joint restriction limit her AROM. The function of her right arm to reach about her head, neck and trunk is limited. Apley's reach test for IR is to her lateral buttock, ER is 3 inches from her mouth without compensation, and she reaches to her opposite shoulder with moderate effort.

Carol performed ART on the client with positive results. AROM of IR increased to T12, ER to lateral neck, and, she reached to her opposite shoulder with minimal effort. Flexion increased from 110 to 140 and her abduction increased from 100 to 140 without performing other therapy for A/PROM as typically needed to reach this with PROM. She had no change in her pain level. Her physical therapist reported the client had improved flexibility and PROM at therapy the following day.

Carol has had good success using ART in her upper extremity patients. Apple now has 2 therapists certified in ART, Matt Modelane, PT in Nashua and Carol Lewis, CHT, OTR/L in Nashua and Amherst.



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

