

# Apple THERAPY SERVICES

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September 2015

We are excited to be sponsoring ESPN NH's Friday Night Lights program. Every Friday, they will be on the sidelines to televise one New Hampshire high school football game. In addition, Apple Therapy sponsors a male and female Student Scholar Athlete of the Month for their achievements. They will be considered for the Apple Therapy Student-Athlete of the Year and a \$2500 scholarship to be awarded at the May banquet. This month ESPN NH has selected Casey Gervais, quarterback of the Goffstown Grizzlies and Marie LaPlante, soccer player at Bishop Guertin. You can hear their interviews at [www.espnnh.org/basc](http://www.espnnh.org/basc). Congratulations to both these athletes for their hard work. We are thrilled to be a part of this program. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

## THIS MONTH IN PHYSICAL THERAPY

In the August 2015 issue of the *Journal of Orthopaedic & Sports Physical Therapy*, Agresta and Brown did a systematic literature review to determine the efficacy of real-time and auditory feedback for modifying kinematics and kinetics during running gait. After a thorough search, ten studies were identified for inclusion in the review. There was a consensus in the literature that use of real-time feedback is effective in changing run mechanics. These changes reduced vertical reaction forces and improved hip and pelvis mechanics.

Mirror and 2-dimensional video feedback were identified as good methods in a clinical setting. With modern technology, this is an easier tool than ever before for physical therapists. Apple Therapy recommends an initial **running gait analysis** at our Executive clinic by Christine Shaw. We have had lots of positive feedback from clients thus far. Other clinics can continue feedback with the cues given by Christine and also follow up with videos in later appointments to see if the changes are being made.

## COMEBACK ATHLETE OF THE MONTH

**Athlete:** Ryan Farnsworth Merrimack High

School Soccer Coach

**Injury:** ACL Reconstruction

**Physician:** Anthony Marino, NHOC

**Physical Therapist:** Laura Jackson, DPT of Apple Therapy  
Amherst

Ryan was referred to Apple Therapy in the summer of 2014 following surgery on his right knee for a medial meniscus tear and to remove scar tissue on his ACL. Unfortunately, following rehabilitation and return to soccer Ryan fully tore his ACL and underwent ACL reconstruction surgery in December of 2014. Ryan has worked extremely hard over the past six months focusing on quad strength, ROM, balance, plyometrics, and running mechanics. Ryan has had a few setbacks with calf tightness during his return to higher level activity which was treated with Graston and Dry Needling. This fall, Ryan has returned to the soccer field as the head varsity coach for Merrimack High School where his team is off to a 5-0-1 start. We wish Ryan the best in his future coaching and athletic endeavors!



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