

Apple THERAPY SERVICES

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Another season is upon us which means a new set of injuries to treat for the spring. This month we are excited to tell you about an athlete who is returning from a devastating injury and two new techniques we are eager to bring to the Amherst clinic! Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT ATC

WHAT'S NEW AT APPLE THERAPY

The Amherst office is a current trial center for the SAM® wearable ultrasound unit. The unit has a 0.5 W/cm² intensity capability at 2.95 MHz and can be worn for 1-4 hours. The company Zetroz who developed the unit has performed studies to show that it does heat the tissue continually and consistently at 1.5 cm and 3 cm depths during the treatment time. Therefore the treatment area is receiving ~20,000 Joules of energy as opposed to ~1500 Joules in a typical in-office treatment. One study that used the unit looked at pain levels in a men and women with chronic myofascial pain and found statistically significant reductions in pain and improvements in health relative to placebo devices. We are planning to use the devices on a few test subjects from the clinic including a mild OA CMC joint and chronic lateral epicondylitis. Email us with any further questions at Karin@appletherapy.com or jacksonl@appletherapy.com.



WHAT'S NEW AT APPLE THERAPY

Karin Biskovich MPT from the Amherst office recently attended a Selective Functional Movement Assessment (SFMA) seminar in Boston. SFMA is a comprehensive assessment used to classify movement patterns and direct manual therapy and therapeutic exercise interventions. The assessment is based on the concept of regional interdependence in that we must assess and treat dysfunction away from the patient's primary location of pain. An example is lack of hip internal rotation mobility causing someone to compensate with movement in the low back contributing to back pain. Karin believes this will be as valuable and exciting as Dry Needling and Graston Technique in patient treatment. Karin is willing to travel to other offices to perform the assessments so if you feel a patient would be good candidate for an SFMA please highlight that in the PT referral and/or contact Karin at Karin@appletherapy.com.

COMEBACK ATHLETE OF THE MONTH

This month's athlete is: Emily Waller, Goffstown High School (Lacrosse and Basketball)

Injury: s/p Left ACL Reconstruction

Physician: James Vailas, MD, New Hampshire Orthopaedic Surgery

Physical Therapist: TJ Chandonnet, PT Apple Therapy Manchester, NH

Emily's story: Emily came to Apple Therapy following ACL reconstruction in July of 2013 after tearing her ACL playing lacrosse. Emily worked extremely hard over the summer and fall in physical therapy with TJ. She had a couple of setbacks during physical therapy but through hard work and determination she was able to return to the playing field this spring and get back to the sport she loves. We wish Emily the best in her future athletic endeavors!

