

# Apple THERAPY SERVICES

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April 2015

This month Ben Biskovich and Christine Shaw went to NHOC in Nashua to show off videos of the running gait analysis lab at the Executive. Thanks to all of you who had a bite to eat and checked out the demonstration! We are thrilled to offer this service to all those new and experienced runners. It is a very valuable and informative tool for injury prevention. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT, ATC

## WHAT'S NEW AT APPLE THERAPY

Stacie Hoegen, DPT of Apple Nashua went to the Philadelphia Hand conference and is currently completing a hand therapy training mentorship program. Lynn Novier, CHT attended a Polestar Pilates 2 day class on pathokinesiology of the upper quadrant and is 2 classes away from having an advanced teacher certification. Also Lynn is excited to have been selected to travel with Surgicorps this summer and do a medical mission in Guatemala primarily working in the OR postoperatively splinting and educating.

Apple Therapy is thrilled to now be a sponsor of the Northeast Multiport triathlon club. They are an enthusiastic and motivated group of multisport athletes who we are looking forward to helping out with any injuries that crop up during the racing season. Matt Modelane, DPT presented during the March club meeting promoting the use of Active Release Technique for muscle strains.

## THIS MONTH IN PHYSICAL THERAPY

Childs et al reported in the BMC Health Services Research 2015 on the implications of early and guideline adherent PT for low back pain on utilization and costs. They looked at 753,450 eligible patients with a primary care visit for LBP and found that early referral to guideline adherent PT (active exercise versus passive modalities) was associated with significantly lower utilization for all outcomes and 60% lower total LBP-related costs.

## COMEBACK ATHLETE OF THE MONTH

**Lukas Atwood** of the Apple Therapy Nashua

**Injury:** ACL reconstruction surgery

**Physician:** Dr. Jim Vailas NHOC

**Physical Therapist:** Brandt Capone, MPT

Lukas Atwood tore his ACL during a Bishop Guertin lacrosse game in June of 2013. Ultimately, he underwent ACL reconstruction surgery to restore the function of his knee. Mr. Atwood's hard work ethic and determination were evident throughout the rehabilitation process. Unfortunately, several minor complications prohibited his return to lacrosse. Although discouraged, Lukas was determined to return to athletics regardless of the hard work required. Lukas joined both the winter and spring track and field teams at BGHS as soon as he was medically cleared. Lukas has focused his competitive nature to the throwing events and has consistently placed within the top ten in the state. Lukas hopes to attend college at the Naval Academy following his senior year.



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