

# Apple THERAPY SERVICES

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

August 2016

This month we would like to introduce two new PTs who have recently joined the Apple team. In addition, work conditioning will now be offered five days per week at Apple Therapy in the Executive. Ben Biskovich, MPT will directly see patients on Tuesday and Thursdays! Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

## **CURRENT RESEARCH IN PHYSICAL THERAPY**

### **Joint Mobilization following Ankle Sprain**

Why should you go to PT after an ankle sprain? To heal fully and quickly of course. Studies have shown that a history of chronic ankle sprains can lead to arthritis. Not only do we perform balance re-education but we also administer joint mobilizations and thrust manipulations of the talocrural joint. In the July 2016 issue of JOSPT, a research group showed corticospinal motor excitability changes following thrust manipulation and low-velocity mobilization. These effects will allow for increased ability to recruit muscles for improved motion and balance.

## **INDUSTRIAL PATIENT OF THE MONTH**

**Patient: Tim H**

**Injury:** Rotator Cuff Repair

**Physician:** Douglas Goumas, NHOC

**Physical Therapist:** Ben Biskovich, MPT Apple Therapy at the Executive

31 year old, Tim H, initially hurt his shoulder on 10/15/15 pushing a heavy bundle of shingles at work. Dr. Goumas performed an arthroscopic rotator cuff repair and subacromial decompression on 1/14/16. At the end of May, he had achieved nearly full range of motion and decent strength below the shoulder. His strength deficits limited his ability to safely return to his job's lifting requirements of 70# to shoulder level and 50# overhead. To address this Tim was referred to work conditioning. Apple Therapy's work conditioning program is 3-5 days per week, two hour sessions of work-simulated functional strengthening, stretching and aerobic exercise. By the end of July, Tim had been cleared for full work duties and successfully returned to his job on 8/1/16. Congratulations to Tim for his patience, dedication and hard work!

## **WHAT'S NEW AT APPLE THERAPY** *Jordan Jerome, DPT (Londonderry and Executive)*

**Education:** Doctorate Physical Therapy, Franklin Pierce University, 2016; BS, Kinesiology, University of Massachusetts at Amherst, 2012

**Experience:** Jordan began working at Apple Therapy in Spring 2016 with experience in outpatient orthopedics, skilled nursing and acute care rehab. She is certified in Trigger Point Dry Needling. Jordan is committed to providing individualized patient care and incorporating functional activities to promote health and wellness. She enjoys hiking and spending time with her family.

**Jordan**



**Heather**



## *Heather Comstock, DPT (Amherst)*

**Education:** Doctorate of Physical Therapy, University of Massachusetts Lowell, 2016. Bachelor's of Science, Nutrition and Wellness, University of New Hampshire, 2013.

**Experience:** Heather excitedly joined the Apple Therapy team after graduating this past spring from the University of Massachusetts Lowell. In addition to experience treating orthopedic and neurological conditions, she has a keen interest in concussion and vestibular rehabilitation becoming an ImPACT trained physical therapist in May. She has a passion for educating others on how to become active members in their journey towards improved health, functional mobility and quality of life. Outside of Apple, Heather enjoys taking beach trips with friends and family, in addition to staying fit by participating in soccer, running, and hiking, with plans to incorporate her previous passion of ballet back into her life.

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

