

# Apple THERAPY SERVICES

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

Congratulations! You have now received a full year of Apple Therapy News. We hope our newsletters have kept you up to date on our clinics, therapists, athletes and current evidence for physical therapy. We have big plans for 2015 including improving our video content on our website as well as a wellness email newsletter, stay tuned. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT, ATC

## WHAT'S NEW AT APPLE THERAPY

### COMEBACK PATIENT OF THE MONTH

**Patient:** Tim Healey, Apple Therapy Services Londonderry

**Injury:** Rotator Cuff Repair and BPPV

**Physician:** Douglas M. Goumas, MD, New Hampshire Orthopaedic Center

**Physical Therapist:** Blair MacDonald, DPT, Apple Therapy Services Londonderry

#### Tim's Story:

Tim was being treated for his rotator cuff repair when he, "needed a minute," before lying down to be manually stretched because his, "dizziness was acting up." Tim explained that due to his history of extensive and repetitive head trauma he struggled with debilitating dizziness after positional changes that would occur for weeks at a time. Tim's doctors told him there was nothing they could do for it. Blair thought it was worth checking him for Benign Paroxysmal Positional Vertigo (BPPV), which he did end up having. BPPV is an inner ear disorder that can occur seemingly without reason but does have a correlation to head injuries. It can be easily treated by a trained physical therapist; however there is a lack of knowledge on the condition even among medical professionals. Tim has not had an episode of dizziness since being treated and said, "It was worth blowing out the shoulder if I don't have to deal with anymore dizzy episodes." Tim is now back to work full-time and doing well.

## WHAT'S NEW AT APPLE THERAPY

### ARE YOU SIGNED UP FOR THE MILLENNIUM MILE??

Once again Apple Therapy Services is sponsoring Millennium Running's 2015 Millennium Mile. This is a point to point downhill mile in Londonderry, NH. The race begins at 2:00 PM on January 1<sup>st</sup>, 2015. Visit

[www.millenniumrunning.com](http://www.millenniumrunning.com) to register. See you there!!



### DANA BREEDEN, PTA NOW CERTIFIED IN GRASTON M2

In December, physical therapy assistant Dana Breeden of our Londonderry and Executive locations was certified in the Advanced Graston Technique (M2). The second course incorporates movement, resistance, weight bearing and provocation patterns to the Graston Technique treatment. Our therapists have found the Graston Technique very effective in treating chronic injuries and fascial tightness, Graston is offered at all six Apple Therapy locations.

### OCCUPATIONAL THERAPY CASE REPORT

T.N. a 64 year old, right hand dominant, man referred by Dr. Bouvier with a diagnosis of bilateral rotator cuff syndrome. Retired, he had ceased participation in recreational activities of golfing and throwing a ball to his dog. His ADL's were decreased as he could not reach to wash his back or to his right back pocket to obtain his wallet.

This gentleman participated in occupational therapy with Carol Lewis, ORT, CHT at the Nashua clinic. Therapy included soft tissue techniques, a flexibility program, and closed chain activities. After four therapy visits and a daily home program, he reported significant improvement in comfort and function. He reported that his club speed measured by swing speed radar was previously 80-84mph, and was now 90-95mph, pain free. He is presently in Florida, planning to golf weekly all winter long.



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