

# Apple THERAPY SERVICES

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

December 2015

Happy Holidays to all! It has been a successful and busy year at Apple Therapy. We thank everyone for your continued support. We will continue to provide the most up to date and quality care we can for all of our patients in 2016. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

## **NOVEMBER BLOG POST - Karin Biskovich, MPT**

Every time I say goodbye to a patient I remind them to come in early after their next injury. I educate them on their ability to come directly to a physical therapist after an injury. NH is a direct access state for physical therapy, meaning you do not need a physical referral to see a PT. Here is the summary of our state physical therapy practice acts:

A physical therapist can treat direct access patients when:

- The therapist thinks the care is within his or her scope. If a therapist thinks the care is outside of his or her scope, he or she must refer the patient to an appropriate healthcare provider.
- Physical therapy is believed to be appropriate treatment for the patient's condition.
- The patient shows documented improvement within the first 25 days of treatment.

Early treatment by a physical therapist after injury is beneficial for many reasons. First of all, you can choose your provider by doing your own research. You can talk to your friends to get recommendations or browse websites to see whom is the best match for you.

Second, coming directly to PT will decrease your number of medical visits overall and lower your medical expense by eliminating unnecessary tests or pharmacy costs.

Third, early treatment can speed up recovery and get you back to your work or sport faster. If you are having pain, you will move differently to avoid the pain. Now imagine how easy it is to fix the altered movement pattern if we address the pain early versus weeks or even months after. So when should you come to PT? The earlier, the better.

## **COMEBACK ATHLETE OF THE MONTH**

**Athlete: Dena Noiseux** Merrimack High School

**Injury:** Chronic Lower Leg Tightness

**Physician:** Lance Macey, NHOC

**Physical Therapist:** Laura Jackson, DPT and Karin Biskovich, MPT of Apple Therapy Amherst

Dena first came to Apple Therapy in the winter of 2015 with chronic lower leg tightness from soccer. Dena experienced significant pain and tightness following games and practices at her varying levels of play including high school, club and futsal. Throughout 2015 Dena has been seen on a regular basis for Graston and Dry Needling to decrease pain, muscle tightness and trigger points. By keeping her on the field Dena was able to lead her team to the high school playoffs as well as national tournaments for Seacoast United and NH Futsal. Dena hopes to continue her soccer career at the Division II collegiate level next year. We wish Dena the best of luck in her future athletic endeavors!



The Apple Therapy/ESPN New Hampshire Scholar Athletes of the month for October are Cam Dickson of the Londonderry High School and Jenny Halloran of Nashua South High School. Cam holds a school record in cross-country at Londonderry and Jenny holds a GPA of 3.85 and is co-captain of the field hockey team. We are proud to sponsor these athletes for their hard work.

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

