

Apple

THERAPY SERVICES

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December 2016

Apple Therapy is the premier sponsor of the next Millennium Running race on New Year's Day. Bring in 2017 with a fast mile downhill in Londonderry. It was named one of the 7 must-do mile road races by competitor.com.



Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

INDUSTRIAL PATIENT OF THE MONTH

Patient: Nicholas Giuffrida

Injury: Severe right pec strain

Physician: Dr. Rix

Therapist: Janet Fee, OTR/L and Chris Morash, Apple Therapy Nashua

Nick is a 38 y.o. UPS package sorter who injured his right UE after a particularly busy week at work. Nick describes his job as pushing air conditioners up over your head for half the night. Nick treated with Dr. Rix and participated in PT near his home. He was referred to Work Conditioning in November, demonstrating decreased RUE strength, lifting tolerances and general endurance. Nick demonstrated an enthusiastic and positive approach and worked hard in the program. He mentioned he was surprised at how de-conditioned he had become. Nick made quick gains and was lifting the required 70lbs by early December. At his follow-up with Dr. Rix, he was released back to his job. Excellent work "St. Nick", as his friends call him.

CHANGES IN CENTRAL NERVOUS SYSTEM FROM ACHILLES TENDINOPATHY?

A recent research report in the December 2016 issue of the *Journal of Orthopaedic and Sports Physical Therapy* investigated the involvement of changes in the CNS in patients with Achilles tendinopathy by assessing lower limb tactile acuity. The research team compared two-point discrimination distance over the affected limb, the unaffected limb, and healthy controls. They found that the patients with Achilles tendinopathy had reduced 2-point discrimination on the affected side.



ESPN NH/APPLE THERAPY STUDENT ATHLETES OF THE MONTH

Shahrukh Hussain, a senior at Bedford High School, and Gabrielle Masseur, a senior at Nashua North, have been named the Apple Therapy Student Athletes of the Month for November.

Hussain was a captain of the Bulldogs state-champion football team, and has obtained a 3.6 GPA. Bedford Athletic Director Bill Whitmore said Hussain was "a true leader of the program."

Masseur is a three-sport athlete at North, having played field hockey, lacrosse, and ran track for the Titans. She is also the National Honor Society Vice President and has a GPA of 3.75.



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