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February 2017

Apple Therapy is expanding our services to include a Wellness program at the downtown Manchester location. We will have the website ready soon at www.appletherapywellness.com. We highlight one service below. Stay tuned!

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

GOLF REHAB PROGRAM AT APPLE WELLNESS IN MANCHESTER

The program is called "PT Pro Golf" and it will be part of the new Apple Wellness program on K street. The golf program is a comprehensive golf specific strengthening, conditioning, flexibility and performance enhancement program that is customized to address the golfer's physical limitations. Skilled analysis, proper treatment and physical training can improve the weakness or injury interfering with a golfer's swing. The programs will be designed to address these limitations, facilitating the process of improved swing mechanics and performance. The programs can include: Biomechanical golf lessons, video swing analysis and golf specific flexibility and strengthening programs.

The PT Pro Golf program will be run by Brandt Capone, PT and Certified Strength and Conditioning Specialist with 16 years of clinical experience. He is an accomplished competitive golfer and has 10 years of experience in the golf industry. Brandt received his golf fitness training under Paul Calloways "Body Balance for Performance" program. Paul was the first director of Physical Therapy on the PGA tour. Brandt started his first golf specific performance enhancement program in 2001.

CLINIC NEWS

We hosted the Northeast Multisport Tri Club at our Amherst location on February 15th to discuss swimming and shoulder mobility. Carol Lewis, OTR/L, CHT presented on ART for the shoulder. It was a good turn out with a great hands-on demonstration. This is our third year of being a supportive sponsor for the Club.

INDUSTRIAL PATIENT OF THE MONTH

Patient: Ron T.

Injury: Emergency surgery on brachial artery and median nerve repair after putting his hand through a plate glass window

Physician: Dr. Heaps

Therapist: Ben Biskovich, MPT and Dana Breedon, PTA
Apple Therapy Executive Work Hardening Program

Ron reported to the Work Hardening program on December 12, 2016 with limited strength, ROM, and fine motor skills in his left hand and wrist. He was motivated to increase functional strength related to ADLs and return to work.

Upon arrival Ron was able to push/pull: 50#, carry: 30#, floor to waist: 25#, waist to shoulder: 15#, and was unable to put weights overhead. Through continued focus on functional movements and shoulder stabilization activities he was able to gain significant improvements in strength and tolerance to work related activities. He was also able to decrease his blood pressure during program with consistent steady cardiovascular activity starting at a point of 141/91 to see consistent and steady readings around 124/82. Ron reported noticing improvements in tolerance to normal ADLs. The final lifting numbers for Ron were push/pull: 175#, Carry: 55#, Floor to waist: 75#, Waist to shoulder: 65#, Waist to OH: 57.5#.

Throughout the process, Ron was a pleasure to work with and despite tough days was consistently motivated for a successful return to work and maintained a positive attitude and outlook.

ESPN NH/APPLE THERAPY STUDENT ATHLETES OF THE MONTH

Congratulations to the Apple Therapy Student Athletes of the Month for January, Jacobee Burpee, a senior at Manchester West, and Katie Bellomo, a senior at Alvirne High. Both athletes are accomplished basketball players and active in their community.

