

# Apple THERAPY SERVICES

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

February 2015

We have continued to add videos each week to our video library including dynamic stretches and running drills. It can be a great resource for your patients and easily accessible on our website at [appletherapy.com](http://appletherapy.com). Old Man Winter is wreaking havoc so the injuries from shoveling and roof raking continue to come through our doors and yours. We do our best to get these folks better before the next storm hits. Enjoy the snow! Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT, ATC

## WHAT'S NEW AT APPLE THERAPY

Ben and Karin Biskovich and Christine Shaw from the Executive Apple traveled to the Bedford NHOC office to show off videos of our running gait analysis. They highlighted improper mechanics with slow speed and still images at various phases of the running gait. We believe it is a critical component to recovery and successful return to running after a stress fracture, chronic tendonitis, or post surgery. We plan to make an appearance at the Nashua NHOC with sample videos in the near future.

## THIS MONTH IN PHYSICAL THERAPY

We utilize clinical practice guidelines to stay up to date on the most effective recommendations for diagnosis and management of various diagnoses. These guidelines are published after literature review of most recent research. The guidelines for ankle sprain and adhesive capsulitis were recently given high marks by reviewers. Highlights from these practice guidelines are as follows:

- Early WB and external ankle supports are encouraged in acute lateral ankle sprains; use of ultrasound is not effective; graded joint mobilizations with movement should be used in post-acute ankle sprains
- IA injections in combo with shoulder mobilization and stretching exercises should be considered for short-term relief and improved function; stretching beyond painful limits may result in poorer outcomes

We strive to give your patients the best care possible for the optimal outcome!

## COMEBACK ATHLETE OF THE MONTH

**Caley Prunier** of Apple Nashua, Lacrosse player

**Injury:** ACL repair

**Physician:** Dr Bouvier, NHOC

**Physical Therapist:** Stacie Hoegen, PT & Lizz Ramirez, PTA-Apple Nashua

Caley Prunier was in her senior year at Bishop Guertin, tore her ACL in early May 2014 during a lacrosse game and underwent a repair by Dr Bouvier in June. Caley worked extremely hard throughout the summer at Apple Therapy until she went to her first college semester at Salisbury University in Maryland where she continued to work with the therapists on staff. During her winter break, Caley returned to Apple and also worked in conjunction with Scott Prunier at Top Fitness to advance her strengthening, agility, & plyometric drills. Caley is now ready to begin practicing with her lacrosse team at Salisbury University. The staff at Apple wishes Caley luck in her academics and athletics.



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