

Apple THERAPY SERVICES

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

January 2015

Have you seen our updated video page on the website? This month we changed our video library to make it more accessible for our patients. Content includes dry needling and running gait analysis demos, foam rolling exercises and running drills. The running drills are a part of our new weekly Facebook video series to improve running form this winter. Check it out! Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT, ATC

WORK HARDENING 2014 SUMMARY

2014 was another typically successful year for our work conditioning program at our clinic inside the Executive Health Club. In 2014 our average work conditioning patient had been out of work 9.2 months prior to starting our program. 82% of our patients returned to full work duties after an average 12.3 visits over the course of 4.7 weeks. Our patients tend to come in two varieties, the motivated worker who had surgery and is concerned about returning to work safely. The other is the malingering patient, surgical or nonsurgical who just needs a gentle but persuasive kick in the butt. Our therapist, Ernest Pagan, has 12 years of experience overseeing our program. He is able to get all types of patients to "buy into the program" and get back to fully work duties.

INJURED WORKER OF THE MONTH

Injury: Laceration of Hand

OTs: Carol Lewis, OTR/L CHT, Lynn Novier OTR/L CHT, Janet Fee OTR/L

Ms. Lauren Clement is a 26 yo dog/cat groomer who sustained a right hand laceration in July 2014 when she was attacked by a cat. Lauren was treated at another facility, but was placed on hold secondary to poor progress. Lauren came to Apple Nashua in early December and was treated by Carol and Lynn then referred to work conditioning with Janet Fee. She made tremendous progress and is thrilled to be returning to her job on January 19th, 2015.

THIS MONTH IN PHYSICAL THERAPY

In the December 2014 issue of the *Journal of Orthopedic & Sports Physical Therapy*, a study looked at self-reported knee function of athletes up to 1 year after **ACL reconstruction and its correlation to successful and nonsuccessful performance on return-to-activity criteria**. They used the International Knee Documentation Committee 2000 Subjective Knee Form (IKDC 2000) as the assessment tool prior to activity testing. Athletes with low IKDC 2000 scores were reasonably indicative of failure on the return-to-activity test battery while athletes with normal IKDC 2000 scores did not predict a passing score on the test battery.

It would be an easy tool to use with ACL patients at time of return-to-sport to assess if they need more post rehabilitation training or if they are ready for the functional test battery. The return-to-activity test battery can be completed in one session with the physical therapist to determine the athlete's clearance for sports. Further questions or suggestions? Email me at karin@appletherapy.com.

COMEBACK ATHLETE OF THE MONTH

Athlete: Delaney Corcoran, Amherst Middle School

Injury: Lateral Ankle Sprain

Physical Therapist: Laura Jackson, DPT, ATC

Delaney's Story: Delaney came to Apple Therapy following a lateral ankle sprain during the fall cross country season. Delaney was placed in a walking boot for three weeks then referred to physical therapy. Therapy initially focused on restoring ROM and gentle strengthening which then progressed to dynamic balance, plyometrics, and return to sport activities. While progress was slow Delaney worked hard in physical therapy to strengthen her ankle and get back to the activities she loves. Upon discharge from physical therapy Delaney was able to return to running, dance and skiing. We wish Delaney all the best in her future athletic endeavors!

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