

# Apple

## THERAPY SERVICES

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June 2016

Apple Therapy has done it again and won the Best of NH for 2016!! Thank you for your continued support. This month we bring you several success stories of local NH athletes as well as current research on injuries in the female runner. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

### CURRENT RESEARCH IN PHYSICAL THERAPY

In the June 2016 issue of *Journal of Orthopaedic & Sports Physical Therapy*, Van Der Worp et al. studied the etiology of running related injuries in woman participating in a 5km or 10km road race. The study found that of 417 runners, 93 runners reported 109 running related injuries. Injuries at the 5km distance most commonly involved the hip/groin while at the 10km distance knee injuries were most common. Three risk factors were identified as contributing factors to the running injuries. These included higher BMI, weekly training distance greater than 30km, and a previous running injury (greater than 12 months prior). Physical Therapy can help reduce the incidence of injury even further with proper rehabilitation from previous injuries and recovery methods when longer distances are added to a program.

### ATHLETE OF THE MONTH

**Athlete: Rachel Nelson**

Milford High School Softball Player

**Injury:** ACL Reconstruction

**Physician:** Gregory Soghikian, NHOC

**Physical Therapist:** Karin Biskovich, MPT Apple Therapy Amherst

Rachel came to Amherst following a knee injury during a softball tournament requiring an ACL reconstruction and meniscal repair. She worked incredibly hard in the off season with the one goal of coming back strong for the spring high school softball season. Her team went on to win the State Championship. Her hard work and diligence paid off! We wish her the best in her future athletic endeavors.



### APPLE THERAPY/ESPN SCHOLAR ATHLETE WINNERS

Apple Therapy, in conjunction with ESPN New Hampshire Radio, the Bedford Ambulatory Surgical Centers (BASC), and The Safe Sports Network, honored the state's top high school student athletes at the Derryfield Restaurant on Wednesday, May 25th.

Max Udra, a senior at Milford High School, and Lexi Lewis, a senior at Windham High School, were named the 2016 Apple Therapy Student Athletes of the Year, and each received a \$2,500 scholarship. "The resumes were incredible," said ESPN NH's Nick Anastos, who hosted the event. "The scholarships really could have gone to any of those kids." Udra will attend Bentley University in the fall, while Lewis will head to Boston University.



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