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June 2017

We are happy to announce a new therapist to our team. Danielle Tremmen, DPT will begin treating at our Londonderry and Executive Health Club locations. She will be replacing therapist Christine Shaw, DPT who is headed to Colorado. We wish Christine the best in her new adventure. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

### WHAT'S NEW AT APPLE THERAPY



Danielle Temmen, DPT joins Apple Therapy in Londonderry and at the Executive Health Club. Danielle graduated with a B.S. in Exercise Science and went on to earn a Doctorate in Physical Therapy (DPT) at Sacred Heart University in 2011. Since graduating, Danielle has worked in several outpatient orthopedic settings through a traveling physical therapy program, which has allowed her to see various orthopedic diagnoses. Her passion and experience in orthopedic and sports physical therapy helps people of all abilities reach their goals with a treatment philosophy that includes manual therapy, exercise, and education so her patients understand their injury and the rehab process.

Danielle has taken extensive coursework through the McKenzie Institute, where she was educated and became proficient in specific assessment techniques which identify the best treatment solution for back, neck, and extremity problems. Danielle is currently pursuing her certification in the McKenzie Method of Mechanical Diagnosis therapy (MDT). In her personal time, Danielle enjoys traveling, snowboarding, hiking, and paddle boarding.

### CAN WE STRENGTHEN OUR DISCS?

A new article just published in Scientific Reports interestingly showed a positive change in intervertebral disc (IVD) height in a group of runners versus non-runners. A group of 79 subjects ages 25-35 included a non-sporting group, joggers (20-40km/week), and long-distance runners (50+ km/week). The runners and joggers had to be performing this distance for a minimum of 5 years. The testing showed better hydration in the IVD in the runners versus non-runners. Furthermore, the height of the IVD in the long -distance runners was higher than the joggers. When they looked more closely at the speed of running that supported the most benefits for the IVD, they found that fast walking or slow running had the most positive change in the IVD hypertrophy.

### RUNNING AND HIP/KNEE OA

Now that we have started talking about the benefits of running we may as well continue. In the recent issue of JOSPT, a group performed a systematic review looking at the prevalence of knee and hip osteoarthritis in recreational runners (amateur, non-professional), non-runners/sedentary individuals, and competitive runners (professional/elite athletes). They included 25 studies with 125,810 individuals and found the prevalence of OA in competitive runners to be 13.3%, recreational runners 3.5%, and non-runners 10.2 %.

In conclusion, let's recommend and help folks perform recreational running for general health and exercise. The PT's at Apple Therapy can get them started; teaching people the proper way to stretch and offering support should they encounter any pain or issues.

