

# Apple

## THERAPY SERVICES

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

March 2015

The snow is finally beginning to thaw and people are coming out of hibernation to be more active. Triathlon and running season is also starting to ramp up with the roads clearing. We are ready to help with our services and educational resources. Please direct your patients to our website for videos on foam rolling, dynamic stretching, running drills and strengthening exercises. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT, ATC

### WHAT'S NEW AT APPLE THERAPY

Karin Biskovich PT and Laura Jackson PT spent the day at the WZID Women's Expo on Saturday March 7<sup>th</sup> to promote our services. We spoke with many women that day and answered questions about injuries and what we do as physical therapists. It was nice to also run into prior patients and hear how well they are doing. Here we are with Biggest Loser trainer Jessie Pavelka.



### THIS MONTH IN PHYSICAL THERAPY

What is nerve flossing? It is a technique to improve motion between a nerve and its surrounding tissues that are possibly causing neural entrapment. Flossing versus tensioning can help mobilize the nerve without damaging the sheath and dura where entrapment is occurring. Below is a picture of sciatic nerve flossing, head down and toe down, then head up and toe up. Repeat x 15 Reps.



### COMEBACK ATHLETE OF THE MONTH

Chris Haviland of Apple Therapy Bedford

**Injury:** ACL reconstruction

**Physician:** Dr. Vailas, NHOC

**Physical Therapist:** Liza Mazzini, DPT of Apple Bedford

Chris Haviland was a very active athlete, participating in running events, triathlons, and skiing until he sustained a left knee injury while skiing. Shortly after his injury, Chris underwent a left knee ACL reconstruction and was referred to Apple Therapy in Bedford. Chris's goal was to be ready for the Lake Placid Ironman the following summer. After many months of therapy, with dedication and perseverance throughout his rehabilitation, Chris was able to accomplish his goal. He participated in the Lake Placid Ironman and was able to complete the race faster than he expected. Congratulations to Chris on his accomplishments!



Apple Therapy Services | <http://www.appletherapy.com> | (800) 977-9041

