

# Apple

## THERAPY SERVICES

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

March 2016

We are fulfilling our pledge to be involved in the community this month. Our Apple therapists Ben and Karin Biskovich, Christine Shaw and Laura Jackson staffed a booth at the WZID Women's Expo on March 12<sup>th</sup> and Ben and Karin were also present at the ribbon cutting of the new Millennium Running store on March 13<sup>th</sup>. During the two events our therapists had lots of great conversations spreading the word about Apple Therapy and all we have to offer. We are proud to be a sponsor of Millennium Running and are excited to present our knowledge of injury, recovery and training to the Millennium Running community. Follow us on Facebook to stay in touch. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT



### APPLE THERAPY/ESPN SCHOLAR ATHLETE FOR FEBRUARY

Apple Therapy is proud to support and sponsor the ESPN NH Scholar Athletes. We look for the most unique, talented, and skilled high school senior student-athletes to be honored monthly for their achievements. Uri-Juan Hall and Samantha Edwards, seniors at Manchester Memorial High School, have been named the Apple Therapy Student Athletes of the Month for February.

Hall is a runner for the Crusaders track and field team, who plans on attending Worcester Polytechnic Institute in the fall. Edwards is the only female varsity wrestler in Manchester, who is also a member of the school band.

### CURRENT RESEARCH IN PHYSICAL THERAPY

In the February 2016 edition of the *Journal of Orthopedic & Sports Physical Therapy*, a group of researchers looked at the effect of 12 mm orthotic heel lift on Achilles tendon loading during walking. They used ultrasonography to measure peak transmission speed and found that it was lower with the addition of a 12-mm orthotic heel lift, therefore the heel lift lowered tensile load in the Achilles tendon.

The findings support the use of heel lifts for the treatment of Achilles tendon disorders in order to lower the stress on the tendon.

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

