

# Apple THERAPY SERVICES

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Again we are pleased to report our therapists are continuously learning. Over the last month our therapists have attended courses on spinal manipulation, gait/running analysis and the combined meeting of the American Society of Hand Therapists (ASHT), and the American Society for Surgery of the Hand (ASSH). Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT, ATC

## **WHAT'S NEW AT APPLE THERAPY** **CONTINUING EDUCATION UPDATE**

In September, hand therapists, Sue Boisclair, OTR/L, CHT, Carol Lewis OTR/L, CHT, CLT, and Lynn Novier, OTR/L, CHT, attended the combined meeting of the American Society of Hand Therapists (ASHT), and the American Society for Surgery of the Hand (ASSH). Notable sessions included a tendon update with Dr. D. Lalonde presenting a (WAW) wide awake surgery, Dr. W Merritt presenting relative motion, and Nancy Cannon OTR, CHT, of the Indiana Hand Center, presenting current updates for flexor and extensor tendon rehabilitation. Below is a Relative Motion Orthosis (RMO) which can facilitate extension or flexion of an affected digit.



In October, Matt Modelane, DPT attended a Spinal Manipulation Institute SMT-1 course on high velocity low amplitude manipulation for cervical, thoracic, lumbar, sacroiliac regions. Spinal manipulation can be utilized to treat cervicogenic headaches, acute and chronic low back pain, sacroiliac joint dysfunction, and idiopathic neck pain.

## **WHAT'S NEW AT APPLE THERAPY**

### **CONTINUING EDUCATION UPDATE: VIDEO GAIT ANALYSIS**

Most running injuries are the result of training or biomechanical errors. Apple Executive physical therapists Ben Biskovich and Christine Shaw recently attended the seminar: Running Kinematics and Gait Analysis: An Evidence Based Approach. Ben and Christine studied biomechanics, strength and conditioning, and injury prevention all pertaining specifically to runners.

Video gait analysis at Apple Executive allows a physical therapist to watch you run in slow motion and identify any biomechanical flaws in your running form. This combined with corrective exercise, drills, conditioning, and proper training can lead to a stronger, healthier and more efficient runner. For more information about our running gait analysis services, call the Executive Clinic at 782-3090.

## **COMEBACK ATHLETE OF THE MONTH**

**Athlete:** Abigail McIntosh, Nashua South

**Injury:** ACL tear

**Physician:** Dr. Bouvier, New Hampshire Orthopedic

**Physical Therapist:** Matt Modelane, DPT

### **Abbey's Story:**

After tearing her ACL in March during a club soccer game, Abigail McIntosh was uncertain about the road ahead but was eager to begin the recovery process. Pre-op physical therapy at Apple prepared her for reconstructive surgery. Abbey progressed rapidly with therapy leaving her crutches behind after only one week. With determination, Abbey pushed herself through balance and strengthening exercises as laid out by her committed therapist, Matt. With five and a half months of recovery behind her, Abbey, Nashua South Varsity Soccer Captain, is fully training with her team and anxiously awaiting clearance from her orthopedic doctor to play in games.



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