

# Apple THERAPY SERVICES

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

October 2016

Apple Therapy and Millennium Running continue to team up to connect with the running community. We will be a part of the Manchester Marathon by providing injury screenings, free kinesiology taping pre-race, and trigger point massage post-race. If you happen to be in the area on marathon day November 6<sup>th</sup>, look for our tent on site. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

## **COMEBACK PATIENT OF THE MONTH**

Gary B, 56, injured his back with radicular pain below the knee, late June of this year, after doing some heavy lifting at work. Dr. Murthi referred him for aquatic therapy because initially he was in too much pain to even get up and down off the table, let alone do any exercises. He started in the pool 3 days/week performing stretches, gentle stabilization exercises and gait training in a low impact environment. After a couple of weeks, he had started to transition upstairs once a week for dry needling, Graston soft tissue mobilization and stretches he could perform at home. By mid-August, he was tolerating lan- based PT and an increase in his stabilization strength based program including work specific lifting. Gary was cleared for full work duties following his September 9<sup>th</sup> follow up with Dr. Murthi.

## **ESPN NH/APPLE THERAPY STUDENT ATHLETES OF THE MONTH**

Ryan Vermette, a senior at Nashua South, and Hannah Rogers, a senior at Pinkerton Academy, have been named the Apple Therapy Student Athletes of the Month for September.

Vermette is a member of the Purple Panthers' cross country team, and was the winner of the 2015 Cross Country Outstanding Performance Award. He hopes to pursue Sports Journalism.

Rogers is a captain of the Astros Cheer team, and has been a part of six state championship teams. She also has a weighted GPA of 4.0.

## **CHANGES IN C-SPINE MENISCOIDS IN CHRONIC WHIPLASH**

A recent research report in the October issue JOSPT used MRI scanning to look at the composition of cervical spine meniscoid in individuals with chronic whiplash-associated disorder. The study group found that meniscoids fibrous (versus adipose or mixed adipose/fibrous) in composition were more likely to belong to the whiplash group. This finding is consistent with previous suggestions that fibrous meniscoids may contribute to joint hypomobility. Immobilization of the cervical spine following a whiplash injury may aid the development of the fibrous meniscoids. The study also showed evidence of articular cartilage degeneration associated with meniscoids composed of fibrous tissue.

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

We gave a fond farewell to Suzanne Bosclair, CHT, OTR/L this month. She has retired to sunny Arizona. She was a superior practitioner and hand therapist who touched us all in her time with Apple Therapy. We will miss her and wish her the best!

We are happy to announce that therapist, Jordan Jerome, DPT, will be our new Director of Aquatic Therapy at Apple, in the Executive Health Club. Aquatic therapy is a great option for patients with injuries that are too severe for them to tolerate a typical land based PT program.



Heather Comstock, DPT of the Amherst office has recently joined the list of PTs at Apple Therapy that are certified in the **Graston Technique**®.

