



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

January 2018

We have been braving the cold temps to join the runners at the 2 most recent Millennium Running events, the Millennium Mile and the Snowflake Shuffle. It is fun to be surrounded by some many dedicated New England runners. The Millennium Mile is our signature sponsored event with Millennium Running so is particularly special to us. With temps in the single digits it was awesome to see almost a thousand runners attempting their fastest mile. It is fun to see past patients out their doing what they love! Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

Golf Rehabilitation

Brandt Capone PT, CSCS continues to offer his return to golf and golf performance enhancement programs at our Apple Therapy Manchester K street office. Brandt's programs can incorporate golf specific strengthening, conditioning, flexibility and performance enhancement drills designed to meet the golfer's specific needs. Additionally, Brandt offers bio mechanical video swing analysis on his state of the art indoor simulator. The simulator can analyze many aspects of the golf swing including swing plane, distance, accuracy, club head speed, posture and impact angle.

Comeback Patient of the Month

Injury: Total Knee Replacement

Physician: Dr. Joseph, NHOC

Therapist: Heather Comstock, DPT Apple Therapy Amherst

Stephen began physical therapy in July following his first total knee replacement by Dr. Joseph. He decided to forgo home PT and begin outpatient as soon as possible. Initially he had difficulties minimizing swelling and achieving terminal knee extension, which required extensive manual therapy in order to assist in return normal gait mechanics. With his strong motivation to return to hiking, he stayed dedicated to the range of motion, strengthening, static/dynamic stability tasks, and gait training in and out of the PT clinic. In August, he was discharged and was able to successfully climb 2000 vertical feet up to the 11,000' Reflection lake in Colorado!

Functional Dry Needling Level 2 Certification

Recently, Matt Modelene of Apple Nashua went to Las Vegas to receive the next level of training for Functional Trigger Point Dry Needling. With Level 2 certification he is now able to perform trigger point dry needling in muscles that are more difficult to access.

McKenzie Institute Certification

APPLE THERAPY SERVICES is proud to announce that physical therapist Danielle Temmen recently earned MDT Certification from The McKenzie Institute® USA Center for Postgraduate Study in Mechanical Diagnosis and Therapy® (MDT).

Current Research in Physical Therapy Hip Strengthening for Knee Pain

Recently in the *Journal of Orthopedic and Sports Physical Therapy*, a team performed a systematic review with meta-analysis of 14 trials to look at the difference between therapy including hip and knee strengthening and knee strengthening alone for patients with moderate to high levels of patellofemoral or anterior knee pain. After the thorough review it was clear that **hip and knee strengthening was highly effective and superior to knee strengthening alone.**

Hip strengthening is a key component treating anterior knee pain. Occasionally we still have patients who believe they have to focus on the quad to address knee pain but this recent review clearly shows that this is not an effective treatment for knee pain.

Why is the hip so important? The hip muscles control the rotation of the femur. The position of the femur when the foot is on the ground directly affects the tracking of the patella in the groove of the femur with walking, running, squatting and climbing up and down stairs. If one doesn't work on proper activation of these muscles, then faulty habits will continue and worsen over time.



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

