

Apple THERAPY SERVICES

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

November 2016

It has been a busy month for Apple Therapy healing patients in the clinic and helping others with their race and recovery outside of the clinic. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

INDUSTRIAL PATIENT OF THE MONTH:

Patient: Gene Myette

Injury: Distal biceps tendon repair

Physician: Dr. Heaps, NHOC

Therapist: Ben Biskovich, MPT of Apple Therapy @ Executive Health Club

Gene was injured May 23rd of 2016 by tearing his distal bicep tendon while trying to catch a falling truck door. He came to Dr. Heaps at NHOC and had surgery on his elbow to repair the torn tendon. Once cleared for strengthening it is a long road back to heavy, physically demanding work. Therefore, Gene entered into our Work Hardening program in September.

Gene worked diligently as well as intelligently throughout the program. Throughout the entire process Gene displayed an upbeat and positive attitude and demonstrated great motivation to get back to work, while also encouraging others through the WH program. In the month of WH Gene was able to increase 50# in push/pull and double his resistances in floor to waist, waist to shoulder, and waist carry activities. Gene was cleared to return to work full-time and full duty on October 24, 2016. Congratulations to Gene for his hard work and diligence in both our PT and our Work Hardening program.



APPLE THERAPY/ESPN NH SCHOLAR ATHLETES

Patrick Gillis, a senior at Exeter High School, and **Elise Jolly**, a senior at Merrimack, have been named the Apple Therapy Student Athlete of the Month for October. **Gillis**, is a four-year member of the Blue Hawks football team and a member of both the National Honor Society and the National Technical Honor Society. He plans to pursue a degree in engineering. **Jolly** is a member of the Tomahawks volleyball team and just set the state record for most blocks. She also ran track, swam, and played basketball for Merrimack. She has a GPA of 4.38.

WHAT'S NEW AT APPLE THERAPY

Apple Therapy had a major presence at the **Manchester Marathon** on November 6th by providing **free** sports taping during pre-race bib pick up at the Millennium Running store. Karin and Ben Biskovich taped many runners to help them get to race day. Alongside the Sports & Rehab crew, we also provided **free** post-race massage.



Shad Hansen of the Nashua and Amherst office has recently joined the list of PTs at Apple Therapy that are certified in the **Graston Technique**®.

Carol Lewis, Heather Comstock, and Karin Biskovich of Apple Therapy Amherst staffed a booth at the Southern NH Expo held at the Hampshire Dome on November 5th.



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

