

# Apple

## THERAPY SERVICES

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

October 2017

New this month Lynn Novier, CHT is going to host a free screening clinic in Nashua for shoulder to hand problems/questions/concerns. The first screening will be Wednesday October 25th from 5-7 PM. The clinics will run the last Wednesday of each month from 5-7. A call to confirm an appointment is recommended 603.889.0177. Please spread the word! Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

### WHY ADD PILATES TO YOUR REHAB?

Pilates is an exercise program and part of a lifestyle that focuses on strengthening the core muscles in our body. It also improves flexibility and postural alignment. Although it can be specific and focused on one body part, the carefully designed program takes your entire body into consideration. It is an excellent stand-alone strengthening program and also can be used to enhance performance for sports. It particularly is combined well with people who perform sports that incorporate rotation as a part of the movement pattern.

Apple Nashua has a very successful Pilates program with full balanced body studio equipment. The program has successfully rehabilitated countless patients and has regular reformer classes open to the general public. Personal training is also available for 1:1 training.

Our therapists have the highest level of training in the industry. The training consists of a 450-hour certification program and mandatory continuing education by Pilates professionals who are also physical and occupational therapists.

So, when looking for something a little different, consider the Pilates based Rehab program or personal training at Apple Nashua!

### COMEBACK PATIENT OF THE MONTH

**Nick Leahy** of the Bedford Bulldogs (Football)

**Injury:** ACL tear/Repair

**Physician:** Jim Vilas, MD of NHOC

**Therapist:** Jeff Davis, PTA Bedford Apple Therapy

Nick Leahy came to apple after an ACL repair on April 27<sup>th</sup> of 2016.

Four and a half months later he returned to the football field in the season opener for the Bedford Bulldogs and rushed for 83 yards. Nick finished the season with 934 rushing yards and 9 touchdowns, 124 of those yards came in the championship game, setting up the games only score which capped off the Bulldogs perfect season.

Nick was the ideal patient. Motivated with an incredible work ethic. He always had a positive attitude and came to every visit with a smile on his face, ready to sweat. This helped his return to the field in one of the fastest times we've seen. On his last day, he presented a gift of a package of straws and said it was to remind us to always "suck it up." Nick is studying math and economics at Bowdoin College where he is also playing football for the Polar Bears.

### CLINIC UPDATES



**Lynn Novier**, CHT recently traveled to Zambia with Surgicorps International 100 surgeries were performed and as many post-operative orthosis fabricated. The long journey and hours spent working were worth every minute to see the smile on these children's faces as they raise an arm, straighten a knee or open a hand!

**Stacie Towle**, DPT (previously Hoegen) is now certified in Trigger Point Dry Needling at our Nashua clinic. She brought a great article back from the training also. The study showed that TKR patients that had one dry needling treatment prior to surgery had less pain one month after surgery than the control group and required less post-surgery analgesics.

Mayoral, O., Salvat, et al. (2013) Evidence-Based Complementary and Alternative Medicine



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

