

Apple THERAPY SERVICES

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

We hope this monthly newsletter informs you of all the latest and greatest happenings and treatment techniques offered at Apple Therapy. Here's to a prosperous 2014! Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

WHAT'S NEW AT APPLE THERAPY

OCCUPATIONAL HAND THERAPY NOW OFFERED IN THE AMHERST CLINIC

We are pleased to announce Carol Lewis OTR, OT/L, CLT is now treating at the Amherst clinic in addition to Nashua. Carol brings several years of experience to Amherst specializing in hand therapy, custom splints and lymphatic drainage.

DRY NEEDLING

Blair MacDonald, DPT, physical therapist in the Londonderry clinic, is now a certified Functional Dry Needling® provider. Dry Needling is offered in our Manchester, Executive, Londonderry, and Bedford clinics. The technique will be coming in 2014 to Amherst and Nashua.

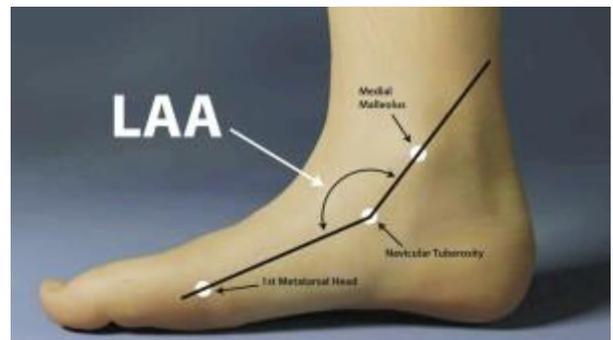
Dry needling involves advancement of a filament needle into a trigger point causing a twitch response. This response deactivates the trigger point, reduces pain, and restores normal length and function to the involved muscle. Dry needling is utilized in acute and chronic muscular conditions for 3-5 treatments along with a physical therapy exercise program. This is a highly effective technique we utilize daily for a wide variety of patients.



THIS MONTH IN PHYSICAL THERAPY

DO YOU LOOK AT FOOT POSITION WHEN EVALUATING A THROWING ATHLETE?

In the November 2013 issue of the *Journal of Orthopaedic & Sports Physical Therapy*, Feigenbaum et al. looked at the longitudinal arch angle (LAA) of 77 pitchers at the collegiate and professional level. All athletes selected had a prior history of shoulder or elbow surgery. The shoulder surgeries involved labral injuries and the elbow surgeries all involved medial structures.



Researchers found a statistically significant odds ratio for pes planus in the stance foot and pes cavus in the lunge foot. Pes planus in the stance foot may alter loading during the wind-up phase causing hyper-external rotation of the shoulder during pitching. Hyper-external rotation can lead to increased forces at the shoulder and elbow. Also they found the highest odds ratio with pes cavus was on the lunge foot. The smaller weight-bearing area can possibly lead to difficulty with shock absorption and lack of balance therefore hindering the act of shoulder deceleration.

Identification of abnormal foot posture in addition to core strengthening could help with injury-prevention with baseball pitchers experiencing throwing-related shoulder or elbow injuries.

