



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

Being athletes ourselves we understand the devastation and emotions that come with injury during sports. We have a special connection with these patients and recognize the extra commitment that is needed during the rehabilitation process. Throughout our newsletters we would like to introduce you to our comeback athletes of the month, another example that patients “Heal Stronger” with Apple Therapy. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

WHAT'S NEW AT APPLE THERAPY

2013 Fourth Quarter Work Hardening Update

For the fourth quarter of 2013 there were six patients evaluated into the Work Hardening program for a combined total of 51 visits or 8.3 visits per patient. Three patients remain in the program, one was referred for further medical treatment and two have been discharged both returning to work for a 100% success rate. The average time span from date of injury to evaluation into the program per patient was 11 months.

Apple Therapy and Top Fitness Wellness Program

Apple Therapy in partnership with TOP Fitness provides post rehabilitative orthopedic services (P.R.O.S) to clients of all ages and abilities. Clients are taught proper techniques and are motivated to reach their personal potential. Our goal is to educate and teach our clients how to enhance overall function, reduce the incidence for injury and improve daily performance.

COMEBACK ATHLETE OF THE MONTH

This month's athlete is:
Rebecca Rooney, Bedford High School (Soccer, Track)

Injury: Bilateral Shin Splints

Physician: Dr. Daniel Bouvier, New Hampshire Orthopaedic Surgery

Physical Therapist: Karin Biskovich MPT, Apple Therapy Amherst, NH

COMEBACK ATHLETE OF THE MONTH

Rebecca's Story:

Rebecca came to Apple Therapy in the middle of her soccer season with severe shin splints on both legs. Her doctor felt that it may be best to sit out the soccer season in order to heal enough for the upcoming winter track season. However, the Bedford High School girls' soccer team was having a remarkable season and Rebecca very much wanted to participate. With consistent PT, home exercises, and patience, Rebecca was able to participate in the playoffs and even contribute in the final game where they had a surprise upset of the nationally ranked #1 team of Exeter. It was a thrilling finish to the season. Apple Therapy has also been able to help Rebecca continue through a successful winter track season with minimal symptoms.

We wish Rebecca the best in her future athletic endeavors!

THIS MONTH IN PHYSICAL THERAPY

Trigger Point Dry Needling as an Adjunct Treatment for a Patient with Adhesive Capsulitis of the Shoulder

This month in the *Journal of Orthopaedic & Sports Physical Therapy* Derek Clewley et al. presented a case report on a 54 year old woman with adhesive capsulitis. In this case manual interventions and joint mobilizations were performed for the shoulder however the patient was significantly limited by pain. During the third visit dry needling was introduced to trigger points in the upper trapezius, levator scapula, deltoid, and infraspinatus. Following the initiation of dry needling significant improvements were seen in pain free ROM and functional outcomes as measured by the Shoulder Pain Disability Index and the quick DASH. The positive results of this case report suggest dry needling in addition to manual interventions could decrease patient's pain allowing for further shoulder ROM.

Brandt Capone, MPT, CSCS physical therapist in the Nashua clinic, is now a certified Functional Dry Needling® provider. Dry Needling is offered in our Manchester, Executive, Londonderry, Nashua and Bedford clinics. Laura Jackson, DPT, ATC of the Amherst office will be certified at the beginning of March.

