

Apple

THERAPY SERVICES

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

Let's face it although the injured keep us busy, the time and effort it takes to rehabilitate properly is difficult for patients. Yet, at discharge our patients often have very positive and upbeat comments about their experience. One patient in Manchester enjoyed her experience so much she left with these parting words on her recent discharge survey... "Jeanne was fantastic. Knowledgeable, great sense of humor. I can't wait to get hurt again- seriously she is the reason I healed so quickly. Top Notch Facility!" We strive to make therapy fun, positive, and memorable. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

WHAT'S NEW AT APPLE THERAPY

We have a few updates on our clinics this month to tell you about. Due to an increased caseload at the new Bedford clinic, TJ Chandonnet, PT will be treating three days a week in Bedford and two days a week in our downtown Manchester clinic. Also in Nashua, Lynn Novier OTR/L, CHT recently completed another Polestar Pilates rehab course with a focus on spinal fusions and autoimmune disorders.

SUCCESSFUL MILLENIUM MILE

Apple once again sponsored the 2014 Millennium Mile on New Year's Day. Nearly 1,900 runners participated this year in the 15th annual event. Physical Therapist Christine Shaw from our Executive clinic finished as the first female with a time of 4:58.

THIS MONTH IN PHYSICAL THERAPY MODIFIED SLEEPER STRETCH AND MODIFIED CROSS BODY STRETCH TO INCREASE SHOULDER INTERNAL ROTATION

Last month in the *Journal of Orthopaedic & Sports Physical Therapy*, Kevin Wilk et al. presented a modified Sleeper stretch and modified cross-body stretch to increase shoulder internal rotation ROM in the overhead throwing athlete. As stated in previous research they found that total ROM in the throwing arm should be equal to the total ROM in the non-throwing arm. In the throwing arm, this ROM tends to have increased ER and less IR. Wilk et al also found that an asymmetry of 5 degrees is predictive of injury rate. Horizontal adduction ROM has also been shown to be predictive of increased injury rate, in particular internal impingement.

THIS MONTH IN PHYSICAL THERAPY

TRY THESE MODIFICATIONS TO TRADITIONAL STRETCHES FOR INTERNAL ROTATION

MODIFIED SLEEPER STRETCH



Shoulder and elbow are placed at 90 degrees while passive internal rotation is performed. The body is slightly posteriorly rotated (20 -30 deg) stabilizing the scapula without causing subacromial impingement.

MODIFIED CROSS BODY STRETCH



The patient stabilizes the scapula against the table by slightly posteriorly rotating (20 -30 deg) as the shoulder is horizontally adducted, while external rotation is restricted via counter pressure of the opposite forearm.

