

Apple

THERAPY SERVICES

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

Do you run the Millennium Running races? We do! In addition to our sponsorship of Millennium Running many of our staff and therapists participate. At the Cinco de Miles 5K, Apple had a great showing with 3rd and 4th place finishes among females from Deb Slason and Karin Biskovich. Cheers from the last race! - Laura Jackson, DPT ATC and Karin Biskovich, MPT



WHAT'S NEW AT APPLE THERAPY

DEMO VIDEOS NOW ON WEBSITE AND FACEBOOK

Want to know more about Dry Needling or Running Gait analysis? Check out the new videos we have posted on our website. They are a great way to educate patients on the services we have available.

AQUATIC THERAPY AT THE EXECUTIVE

Have a referral for Aquatic Therapy? Apple Therapy at the Executive Health Club is now accepting Aquatic Therapy patients. Appointments are available 11 A.M. - 3:00 P.M., Tuesday and Thursday with our therapist Dana Breeden!



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

RUNNING GAIT ANALYSIS

Apple Therapy at the Executive Health Club is pleased to announce we have a new tool to help assess running gait abnormalities. Our computer running gait analysis system allows us to slow down a runner's gait to 60 frames per second, zoom in, pause and measure angles to show the patients exactly where their bodies are breaking down. Runners of all levels will benefit as we teach them a more efficient running gait as well as the exercises to help strengthen and stretch to prevent or overcome injuries. If you have a runner with lower back pain, hip pain, IT-band syndrome, patellofemoral syndrome, Achilles tendonitis or plantar fasciitis please consider referring them to us for a full run gait analysis. If you have a candidate for a run gait analysis please highlight that in the PT referral and/or contact Ben at Ben@appletherapy.com.



REFINE YOUR RUN

Millennium Running is having a one day educational seminar for runners of all levels. Speakers include Phil Wharton from NYC who will discuss flexibility for runners and Mark Moran who developed a data-driven run training plan called RUNtrix. Other topics include core strengthening, nutrition, and proper shoe wear. The seminar is June 28th at the Radisson Hotel, Manchester

Apple Therapy will have a booth there and we will be presenting and performing Selective Functional Movement Assessment (SFMA) and Running Gait Analysis.

Come check it out!