

Apple THERAPY SERVICES

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Fall sports are now in full swing as are the injuries that come with them. This month we are excited to tell you about a new partnership between Apple Therapy, NHOC and Bishop Guertin High School as well as a "Best of" award given to Apple Therapy. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT, ATC

WHAT'S NEW AT APPLE THERAPY

Dagan Cloutier, PAC at NHOC will be holding a clinic at Bishop Guertin High on Mondays after school in the training room and Brandt Capone, MPT will be holding a clinic on Tuesdays after school. Clinics will start in early September for the purpose of efficiently treating sports injuries and identifying injuries which need a referral to NHOC and/or Apple Therapy.

Dagan and Brandt will be working closely with Kevin Silva ATC, the new athletic trainer at BG. Dagan will be covering every BG home football game and Brandt will attend as many as possible. We feel like this is an excellent partnership and service for the BG student athletes. Injuries will be addressed in a timely manner and effective treatments will be introduced to ensure a safe and quick return to sport.



Best of Souhegan Valley

Congrats to Amherst clinic director and physical therapist Karin Biskovich on being named Best Physical Therapist in The Cabinet's Best of Souhegan Region.



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COMEBACK ATHLETE OF THE MONTH

Alec Grant of Apple Nashua, Lacrosse Player Hollis-Brookline

Injury: ACL tear, ACL repair by Dr Marino (4/24/14), NHOC

Physical Therapist: Stacie Hoegen, PT, Lizz Ramirez, PTA, Laura Selmer, PTA

Alec tore his right ACL in first lacrosse scrimmage of the year in March 2014. He underwent an ACL repair on 4/24/14 by Dr Marino with a patella tendon graft. Alec worked very hard during his rehabilitation at Apple Nashua and was able to resume his work as lifeguard at Nashua Country Club through the summer. PT has focused on strengthening, jogging, agility, & light plyometric exercises at the conclusion of his therapy. Alec was extremely disappointed to miss his senior year lacrosse season, but was able to cheer on his team to a championship. He is attending Maine Maritime Academy in Castine, ME in Fall 2014, where he will study Marine Engineering Technologies. Alec will be missed at Apple Therapy and we wish him luck with further training with the athletic trainer at school to achieve his goal of returning to sports activities.

