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May 2017

This past weekend Karin Biskovich and Laura Jackson were present at the Souhegan Valley Health & Wellness Fair. We provided information to the community on the various services Apple has to offer. It was great to talk to other vendors in the health field to further our continuity of care and better serve our patients. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

APPLE THERAPY/ESPN NH SCHOLAR ATHLETE OF THE MONTH

We are happy to announce April's winners for Apple Therapy Student Athletes of the Month, Aidan Ryan, a senior at Manchester Central High School, and Rachael Nelson, a senior at Milford High School. Both will be honored at the upcoming Apple Therapy Student Athlete of the Year Banquet at the Derryfield Restaurant in Manchester on May 25th. It will be an impressive gathering of local senior athletes who will be considered for the \$2500 scholarship.

Ryan, a member of the boys' soccer, baseball, and tennis teams at Central, is also the senior class president. Ryan plans to attend Harvard University in the fall.

Nelson was a member of the state champion Spartans softball team, and is a member of the Milford High School history club. She will be attending Saint Anselm College in the fall.

AQUATIC THERAPY SUCCESS STORY

Brandon began physical therapy back in October after being involved in a motor vehicle accident early September. Before coming to Apple, Brandon spent the prior 4 weeks in an inpatient rehab facility, followed by home care PT. He came to see us with left tibia fracture, ambulating with two crutches. He began with aquatic therapy twice a week and land therapy once a week. After about 1 month, Brandon began the transition to land therapy twice a week and one day of aquatics. Over time, Brandon demonstrated improvements with his ROM, strength, gait and balance. He no longer needed to ambulate with an assistive device, he returned to work and eventually was able to get back to his weekly swim practices without difficulty.

WHY AQUATIC THERAPY?

Water has a long history of use for medical ailments and to promote healing. In the early 1900s, the first pools were used to perform rehabilitation exercises for patients with cerebral palsy and spasticity. Eventually the use of water therapy included many types of diagnoses and diseases to help restore range of movement and improve muscle function. Water is a very safe environment to work with a patient and often a place one can maximize a therapy session.

A patient who submerges their body to their belly button has reduced their body weight by 50%. Decreasing the load on a joint can allow for increase ability to perform range of motion and strengthening exercises. This can be very valuable in the rehab of a joint or injury that has a weight bearing restriction for an extended period of time. Alternatively, if one has increased pain with compression of a joint then getting in the pool could allow for increased tolerance to an exercise program.

Another benefit to therapy in the pool is increased blood flow. It is shown in research that there is a greater increase of muscle blood flow following exercise in water versus on land. Increasing blood flow to a muscle aids with healing and allows a more effective exercise session. In 2002, a research group looked at the neuromuscular performance and muscle mass of healthy women after a 10 week aquatic program. They found a significant gain in the strength of the quads and hamstrings muscles in the women who performed the aquatic program.

Aquatic therapy can be a component of the rehabilitation process and can be valuable as an addition to the land-based program. Call our office located in the Executive Health Club at 603-782-3090 see if aquatic therapy could help you. You don't need a physical referral to give it a try!

