

Apple THERAPY SERVICES

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

February 2019

Last month our staff had a great time at the annual New Hampshire Musculoskeletal Institute winter meeting in Stowe, VT. It is always valuable for us to hear about new and evolving surgical techniques and interact with the surgeons who we receive referrals from on an everyday basis. Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT

What's New at Apple Therapy

Good luck to Nashua clinic director Lynn Novier, OTR, CHT, CLT on her medical mission trip to Samoa with Surgicorps International.



Lymphedema Therapy

Your body's lymphatic system is a part of your immune system and protects you from infection and disease. When it is not working, lymphedema or swelling can occur causing a variety of complications. Apple Therapy has manual lymphatic therapists who address this problem with a highly specialized massage technique, compressive wrappings, and exercises designed to increase the lymphatic flow throughout your body. Lymphedema therapy is offered in our Amherst and Nashua locations!

Comeback patient of the month

Patient: Aidan Ryan

Condition: Tibia/fibula fracture ORIF

Referral: Matthew Werger, MD
Scott Evans, PAC

Therapist: Brandt Capone, PT & Deb Slason, PTA

Clinic: Apple Therapy Manchester (downtown)

Aidan was a goalie for the Central High School soccer team and he continued playing at Harvard on the club soccer team. During a game in the spring, he fractured his tibia and fibula requiring surgery on 3/31/18 at Boston Children's Hospital. Aidan presented to the clinic non-weightbearing and with post-operative lymphedema. Initially, physical therapy focused on edema control using manual techniques and rock taping. Eventually treatment progressed to balance/proprioceptive activities, neuromuscular re-education, and soccer related drills. Aidan returned to Harvard in the fall and continues to play on their club team. Congratulations Aidan!!

