

Apple

THERAPY SERVICES

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February 2018

Many of the Apple Therapy clinicians attended the NHMI Winter Meeting at Stowe and learned the latest treatment techniques and protocols for core injury rehabilitation and ACL injury prevention! The staff at the Amherst location is excited to introduce some of the ACL prevention program strategies at the middle school level in our local community as discussed by Dr. Slauterbeck of UVM. Stay tuned! Cheers! - Karin Biskovich, MPT and Laura Jackson, DPT



Apple Therapy was also present on February 13th at the Millennium Running 5k event in downtown Manchester. We helped the runners roll out before and after the event and answered any questions they had regarding injury or running gait. It was another great event with some wonderful folks in the running community.

Current Topics in Physical Therapy

Mike Reinold has a new take on the bad rap that sitting gets. It really isn't just the sitting, it is the lack of movement during the day that has the negative consequence. His 3 strategies to negate this is:

1. Move, Often
2. Reverse Your Posture
3. Exercise

It makes sense to try and incorporate this into the day. Get up and get water or take a trip down the hallway and back.

To reverse your posture during the day, try these 5 exercises:

1. Thoracic extension on a foam roller
2. True Hip Flexor Stretch
3. Chin Nods
4. Shoulder W's
5. Glute Bridge

Interested in hearing more about these exercises? Swing by the clinic and we can show you!

Current Research in Physical Therapy Downhill Treadmill Training after Total Knee Arthroplasty

In the February 2018 issue of the *Journal of Orthopedic and Sports Physical Therapy*, an interesting case report was published regarding a new downhill gait-training program following total knee arthroplasty. Typically, individuals with a TKA have a significant reduction in OA pain but about 20% report decreased function. This patient population tends to be dissatisfied with their outcome due to lack of function. Lack of quadriceps strength can affect gait and effort required to perform expected activities. A recent study highlighted a disparity between healthy controls and individuals after a TKA. When walking downhill, the group with TKAs had shorter stride length, decreased loading forces and slower gait compared to the controls. The case report looked at training this disparity and seeing if it made a difference in the gait pattern. The training program included downhill walking, warm-up and cool-down on the bike and several functional strengthening exercises to reinforce eccentric loading. Outcomes include increased ROM, increased quad strength, increased gait speed, and symmetrical ground reaction forces between limbs at slower speed. Prior to training there was a significant difference in the loading forces between sides.

This case study demonstrates an interesting addition to rehabilitation following TKA that should improve gait and function and potentially increase patient satisfaction.

Blue, C., Coomes, S, Yoshida, Y; Journal of Orthopedic & Sports Physical Therapy; February 2018: Volume 48, Number 2.



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