



HOW PHYSICAL THERAPY CAN HELP AFTER ACL SURGERY

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Call today and start enjoying what you love, free from pain!
Call The Physical Therapy Center today at (704) 847-6351

How Physical Therapy Can Help After ACL Surgery

ACL (anterior cruciate ligament) injuries can be excruciatingly painful, regardless of how they are sustained! Have you injured your ACL or had surgery to repair? At The Physical Therapy Center, our physical therapists are experts at ACL rehabilitation. We can guide you through the necessary steps to resume your normal activities and resume sports without limitations!

The vast majority of functions you need to perform each day, including getting out of bed, bending down to empty the dishwasher, crouching to tie your shoe, or going up and down the stairs, are only possible when your knees are functioning correctly.

The knee is also responsible for complex movements that are needed for sports participation. The ACL ligament plays a significant role in everyday movements and advanced agility and sports-specific movements.

That's why it is so important to seek the help of a physical therapist following an ACL injury and subsequent repair. This is a major surgery that can significantly affect your way of life. **Fortunately, at The Physical Therapy Center, our licensed and experienced physical therapists can help you move freely once again!**



What To Expect After ACL Surgery

The anterior cruciate ligament is one of the ligaments in the knee joint. Ligaments are a tough band of tissue that attach one bone to the next. The ACL connects the bottom of the thigh bone to the top of the shinbone. The primary function of the ACL is to help keep the knee stable.

When the anterior cruciate ligament tears, it typically happens from a sudden stop, twist, or change in motion. Often a torn ACL leads to significant swelling, loss of motion, and it may make you feel as if you can't put any weight on your leg at all.

This ligament is crucial to how the knee functions with everyday activities and advanced sports participation. Post-surgical rehabilitation is essential for your recovery and return to everyday life.

Rehabilitation following ACL reconstructive surgery typically requires approximately 6-9 months for normal daily activities and at least a year for safe return to sports. Extensive physical therapy and hard work are the cornerstones to a successful outcome.

We understand that this can be physically, mentally, and emotionally challenging for an individual. There are a lot of ups and downs to the rehab process. For some, the struggle is being sidelined for as long as a year. For others, it is the physical grind to recover your pre-injury abilities.

At The Physical Therapy Center, we will work hard to make your rehabilitation process as smooth as possible, so you can get back to playing the sport you love.



Book An Appointment Today!

What To Expect With Post-Surgical Physical Therapy

Establishing clear task-based progressions will provide structure and motivation for your rehabilitation after ACL surgery. Our team of physical therapists is experts at designing evidence-based programs founded on principles of success!

We will start with a post-surgical evaluation to identify all the factors contributing to your current level of impairment and dysfunction. This will consist of a thorough history to understand more about your typical training/exercise schedule, the demands on the body, and your overall health status.

Once we have gathered this information, our therapists will develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the early stages of recovery.

The second phase of your rehabilitation will progress your strength and dynamic stability to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure your knee can tolerate stopping and changing directions. We will teach you how to jump and land in the correct positions to avoid an injury in the future.

Your physical therapist will then incorporate activity and sport-specific treatments with a "return to activity/sport" progression to assist you in a safe return to training and sports participation. Our goal is to achieve optimal and symmetrical movement quality.

Our progressions are based on:

- Respecting your joint
- The strength of your entire lower extremity and core
- Your movement quality
- Your overall tolerance to exercise.

Don't let your ACL injury hinder your life or take you out of the game for good - regain your function and get back to the sport you love with physical therapy!

Contact Us Today!

At The Physical Therapy Center, we will get you set up on a treatment plan following your surgery so you can begin your recovery process as soon as possible. Our expert physical therapists will also help you learn methods and techniques for protecting your knees in the future to prevent further pain or injury.

Have you injured your ACL? Call today to schedule an appointment with our team!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7735691/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6063063/>

https://bjsm.bmj.com/content/54/9/512?fbclid=IwAR2UKFY7cDL_SB1wsAQaydvPIH_y38G23CHeo-xDms50tpsN6DWEYAJIA



Easy Roasted Vegetables

- 3/4 lb. Brussels sprouts, trimmed and halved
- 2 large carrots, peeled and sliced into 1/2" pieces
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. balsamic vinegar
- 1 tsp. chopped rosemary leaves
- 1 tsp. chopped thyme leaves
- Kosher salt
- Freshly ground black pepper
- 1/2 c. toasted pecans
- 1/2 c. dried cranberries

Preheat oven to 400°. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, and thyme. Season with salt and pepper. Bake for 20 to 25 minutes, until the vegetables are tender, shaking the pan halfway through. Before serving, toss roasted vegetables with pecans and cranberries.

Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

Matthews Location

(704) 847-6351

Waxhaw Location

(704) 843-7000

South End Location

(980) 833-1293

Monroe Location

(704) 283-6700



Exercises To Do Indoors

Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Jumping jacks
- Mountain climbers
- Burpees
- Jump rope
- High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.

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Exercise of the Month Short Arc Quad

 SimpleSet Pro



Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



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