



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 it? At Wise Physical Therapy, 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 Wise Physical Therapy, 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 tough bands of tissue that attach one bone to the next. The ACL is one of the strong bands of tissue that help connect your thigh bone (femur) to your shin bone (tibia). 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.

WHAT TO EXPECT WITH POST-SURGICAL PHYSICAL THERAPY



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

Establishing clear task-based progressions will provide structure and motivation for your rehabilitation after ACL surgery. Our team of physical therapists are 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.

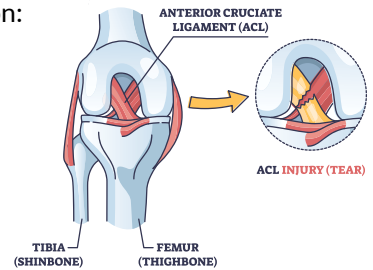
Once we have gathered this information, our therapists will develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the early stages of recovery.

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 Wise Physical Therapy, 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!

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Visit us online at wisept.com or call today (833) 552-1483

HEALTHY RECIPE

TOMATO, MOZZARELLA & BASIL BRUSCHETTA



- 1 (32 oz) can whole tomatoes, drained
- 1 cup fresh basil leaves
- 4 tbsp extra-virgin olive oil
- 6 cloves garlic, peeled
- Kosher salt and ground black pepper
- 2 large French baguettes, sliced 1-inch thick
- 1 1/2 lbs fresh mozzarella cheese, sliced 1/4-inch thick

Preheat oven to 375° F. In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper. On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes. Rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven and melt cheese for about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece. Place bruschetta on decorative platter and garnish with basil leaves.

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/tomato-mozzarella-and-basil-bruschetta-recipe-1940921>

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to share your PT experience and leave a review. Your story could inspire someone else to improve their lives by seeking PT. We look forward to hearing from you!

★ REVIEWS



EXERCISE ESSENTIALS

SEATED EXTENDED HEEL PUMPS

Try this movement to relieve your knee pain.

Start by sitting upright in a chair with one leg extended out in front of you and your foot slightly off the ground. Drive your toes up toward your knee by flexing your ankle joint and hold this pressure for 5 seconds. Relax your foot. Repeat 3 sets, 5 reps each.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Do You Have Friends or Family Who Can't:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

Refer Them to Us for Help!

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

"Our Mission is Movement!"



1200 Airport Heights Drive
Suite 170 (Building E)
Anchorage, AK 99508-0031

(833) 552-1483

wisept.com

