

**FIND OUT HOW
PHYSICAL THERAPY
CAN HELP AFTER**

ACL SURGERY

Check Out Our
Complimentary Consultation Day
Details Inside.

ALSO INSIDE:

July Virtual Workshop • Exercise Essentials • Patient Success Spotlight





FIND OUT 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 TherapyWorks, 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 TherapyWorks, 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.

Continued inside.

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

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 TherapyWorks, 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 us at **(785) 367-3395** or visit us at www.therapyworkskansas.com to schedule your appointment today!

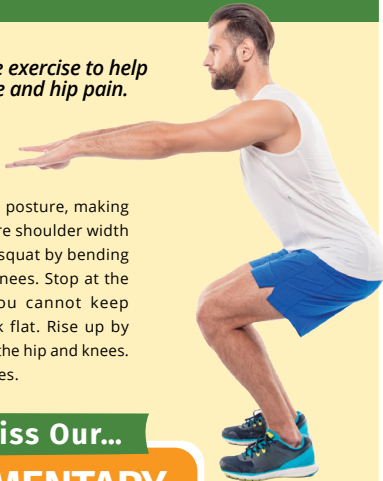
Are You in Pain? Have You Suffered an Injury? Come Back to PT!

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3 Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.



Exercise Essentials

Try this simple exercise to help relieve knee and hip pain.



SQUAT

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.

Don't Miss Our...

COMPLIMENTARY CONSULTATION DAY — JULY 19TH

CALL 785-367-3395 TODAY TO SIGN UP FOR YOUR COMPLIMENTARY CONSULTATION. THE CONSULTATION IS FREE BUT SPACES ARE LIMITED SO CALL TODAY.

JULY VIRTUAL WORKSHOPS

SHOULDER PAIN & ROTATOR CUFF

With Cynthia "Cindy" Johnson, M.S., MCMT
July 13th at 6:30 pm

BACK PAIN & SCIATICA

With Cynthia "Cindy" Johnson, M.S., MCMT
July 27th at 6:30 pm



FACEBOOK LIVE INTERVIEW EVENTS

July 6th at 4:30 pm Topic: Injury Prevention for Runners with James Quinn, DPT

July 20th at 4:30 pm Topic: Hip Pain and Injury FAQ with Mark Hurley, PTA



Checkout our Facebook page for more details www.facebook.com/TherapyWorksKS/



Patient Success Spotlight



"What a wonderful successful experience. My time helped me completely and I did not have to take medication. All the staff was AWESOME!" - Kathleen

GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!

Scan the QR code to go to our Google Review page.

