

HOW PHYSIOTHERAPY ***CAN HELP AFTER ACL SURGERY***

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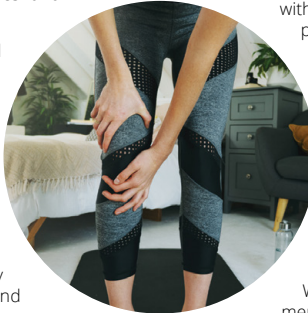
HOW PHYSIOTHERAPY CAN HELP AFTER ACL SURGERY

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 Lake Country Physiotherapy, our physiotherapists 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 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 physiotherapist following an ACL injury and subsequent repair. This is a major surgery that can significantly affect your way of life. Fortunately, at Lake Country Physiotherapy, our licensed and experienced physiotherapists can help you move freely once again!



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 physiotherapy 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 Lake Country Physiotherapy, 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 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



Get your life back on track with Lake Country Physiotherapy!

www.LakeCountryPhysio.com

Phone: (705) 413-3587 Fax: (705) 327-9064



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call Lake Country Physiotherapy to talk with your physiotherapist today!

What To Expect With Post-Surgical Physiotherapy

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

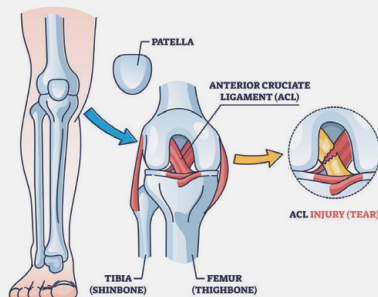
The second phase of your rehabilitation will progress your strength and dynamic stability to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure your knee can tolerate stopping and changing directions. We will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

Your physiotherapist 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.

ACL INJURY



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 physiotherapy!

Contact Us Today!

At Lake Country Physiotherapy, 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 physiotherapists 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:
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Scan the QR Code to visit our Reviews page and tell us how much you love Lake Country Physiotherapy!

How to Squeeze in a Short 10-30 Minute Workout



Are you looking for a quick way to get results from your workouts? At Lake Country Physiotherapy, our physiotherapists use the most advanced programs for rehabilitation, prevention, and strength and conditioning training for health and fitness!

High-intensity interval training (HIIT) involves alternating periods of high-intensity aerobic exercise with a brief recovery period. These short but intense workouts can be done at home, at a gym, or on the road.

There is a growing body of evidence indicating the health benefits of a 10-30 minute program, including the following:

- More calories burnt in a short amount of time
- Reduced blood sugar levels
- Higher metabolic rate for hours after a quick workout
- Improved oxygen consumption
- Reduced heart rate, blood pressure

If you are looking for a highly effective way to get or stay in shape, HIIT workouts may be exactly what you are looking for!

Call Lake Country Physiotherapy today to request an appointment and learn more about how we can help you squeeze in a short workout to stay healthy and fit!



Ready To Get Started?


At the end of the day, Lake Country Physiotherapy is here to provide support to you, every step along the way. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

If you are in the Orillia area, or any of the surrounding areas, and you are looking for relief, look no further. Lake Country Physiotherapy is here to help as one of the most favoured Simcoe County physiotherapy practices.

Call our office at (705) 413-3587 or visit us online at www.LakeCountryPhysio.com to schedule an appointment with one of our physiotherapists today. We will be happy to meet with you and create a treatment plan for your journey toward health, healing, and pain relief.

Exercise Essential



 SimpleSet Pro

KNEE EXTENSION STRETCH

While sitting near the edge of a chair, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.

Did You Know?

We Can Also Treat:

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains