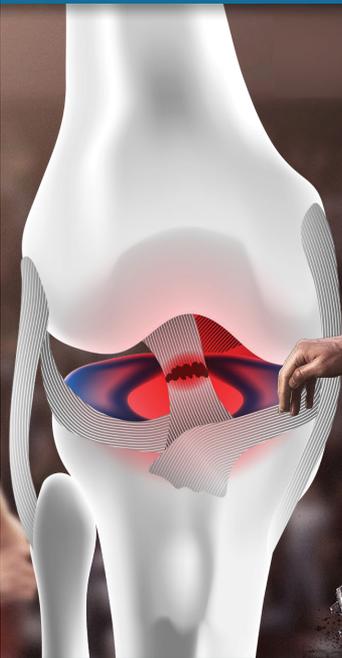


NEWSLETTER



WHAT HAPPENS AFTER ACL SURGERY?

Physical Therapy Can Help!

INSIDE:

- TREATING AND PREVENTING SPORTS INJURIES
- EXERCISE OF THE MONTH
- HEALTHY RECIPE: SHAMROCK SHAKE!



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NEWSLETTER

WHAT HAPPENS AFTER ACL SURGERY?

Find Out How Physical Therapy Can Help!

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 Hands On Physical Therapy, our team of physical therapists is expert at designing evidence-based programs founded on principles of success. 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 Hands On 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 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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**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

Continued from previous page.

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 Hands On 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.

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 expert 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!

At Hands On 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!

TASTY RECIPE

CHOCOLATE SHAMROCK SHAKE!



INGREDIENTS

- 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract
- sweetener of choice, (as desired)
- chocolate chips, (optional)

INSTRUCTIONS: Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!

EXERCISE OF THE MONTH

This exercise can help relieve knee 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.

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



PATIENT SUCCESS SPOTLIGHT

TREATING AND PREVENTING SPORTS INJURIES

Exercise is an essential component of living a healthy lifestyle. For many people, sports are a fun way to burn calories, socialize, and get in shape. Unfortunately, sports injuries or recurrences of old injuries can sometimes be common side effects of an active lifestyle.

A sports injury does not require you to be a professional or even an amateur athlete. In fact, those who have just begun exercising or participating in sports on a recreational level are frequently the most vulnerable to sports injuries.

If you've been injured while participating in a sport, don't ignore your pain and hope it goes away on its own! It may worsen over time, keeping you out of the game for even longer. Allow a skilled physical or occupational therapist at our clinic to examine you and devise a treatment plan to alleviate your pain and discomfort, and prevent future injuries.

Most sports injuries occur when people are ill-prepared for physical activity and rush into it without first increasing their strength, endurance, and flexibility. To function properly, your muscles, tendons, ligaments, and other tissues must be warmed up. They are subjected to a great deal of strain while running and participating in sports.

As a result, if your muscles, tendons, and ligaments are not in peak condition, they are more vulnerable to injury. Sports injuries are injuries to the musculoskeletal system, which includes muscles, bones, and tissues like cartilage.

The following are the most common sports injuries:

SPRAINS: When the connective tissue that connects one end of the bone to another is stretched or torn, a sprain occurs. Sprains are caused by trauma, such as a fall or a blow to the body that causes a joint to move out of place. Sprains are most common in the ankles, knees, and wrists.

STRAINS: When a muscle or tendon is pulled, torn, or twisted, it causes a strain. Strains are non-contact injuries that occur as a result of overstretching. Muscle spasms are a common type of strain.

If you've sustained either of the above conditions, don't hesitate to contact a physical therapist. We can get you off the bench and back in the game this fall!

"My son had an amazing experience with HOPT!"

The therapist he worked with helped him increase his agility, speed and strength in his legs and ankles. My son initially was experiencing knee pain was diagnosed and treated for tendinitis. The PT who handled his therapy worked with him in the office and gave him exercises outside of the office to help relieve his pain and strengthen his body. We would recommend HOPT to any athlete who wants to better his/her performance." **-Anna L.**

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



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