

NEWSLETTER

AGILITY PHYSICAL THERAPY *Experience the Difference*

December
2021

MOVE YOUR KNEE FREELY AGAIN AFTER ACL SURGERY

Our knees do a lot of work throughout the day and we too often take them for granted. You never notice how complex and necessary our knee joints are for everyday movements until we sustain an injury that hinders their use.

The vast majority of functions you need to perform each day (whether it's getting out of bed, bending down to empty the dishwasher, crouching to tie your shoe, or simply going upstairs) are only possible when your knees can perform their full range of motion.

Your patella (kneecap) is designed to glide up and down within the thigh bone groove. If even a minor injury prevents that from happening, the resulting friction causes a buildup of debris, leading to inflammation, pain, and crucial loss of function.

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

What to expect after your ACL surgery:

When the anterior cruciate ligament (ACL) tears, it typically happens from a sudden stop, twist, or change in motion. This may make you feel as if you can't put any weight on your legs at all.

Because this is a ligament that is crucial to knee movement, post-surgical rehabilitation is typically a lengthy process – requiring approximately 6-9 months of extensive physical therapy and hard work.

We understand that this can be physically, mentally, and emotionally challenging on an athlete. There are a lot of ups and downs to the rehab process - you go from being a star athlete to sitting on the sidelines for as long as a year. However, at Agility 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. In order to achieve this, some important aspects of your treatment plan will include:

- Strength training
- Balance
- Body awareness
- Leg symmetry
- Jumping and landing techniques

This is all done to make sure that you are performing optimally and not compensating. Our mission is to provide the proper techniques and resources to you so you can get back to the game with regained function and a significantly decreased risk of sustaining another injury.

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Begin the Road to Recovery

There are some intimidating statistics regarding ACL injuries - according to the National Institutes of Health, it is estimated that approximately 350,000 ACL reconstructions are performed annually across the nation. Despite surgical repair, those who sustained an ACL injury in need of correction are 79% more likely to develop knee osteoarthritis in the future and 20% more likely to suffer a re-injury within 2 years of their procedure. In addition, athletes may not be able to return to their sport with the same level of play, and they may struggle with confidence issues or fear of re-injury when they return.

Post-surgical rehabilitation can help decrease these statistics. Our trained professionals will determine what your knee's current range of motion is, along with the location and nature of the pain, swelling, or stiffness you're experiencing from your ACL repair.

Hands-on care to restore ROM and decrease swelling are the keys to speeding up your recovery time. During your physical therapy

sessions, you'll begin restoring the crucial fluid circulation in your knee joints, which ensures optimum natural joint movement. PT also builds strength in the muscles surrounding your knees, providing better long-term support for the complex joint system, and decreasing the risk of sustaining another injury in the future.

At Agility 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, in order to prevent further pain or injury.

Don't let your 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 Agility Physical
Therapy today to get
started!***

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Tell us how we did!

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review page)
3. Tell us how your experience was!



(VENICE)



(PINEBROOK)

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***FREE PAIN/INJURY
ANALYSIS!***

***MOVE FREELY • ALLEVIATE PAIN NATURALLY • HAVE
MORE ENERGY • ENJOY ACTIVITIES PAIN FREE •
BE STRONGER***

AGILITY
PHYSICAL THERAPY
Experience the Difference

***CALL TO SCHEDULE A FREE 20
MINUTE TELEHEALTH OR IN-
CLINIC CONSULTATION TODAY!***

Offer valid for the first 25 people to schedule. Expires 12-30-21

Healthy Recipe

BALSAMIC VINAIGRETTE SALAD

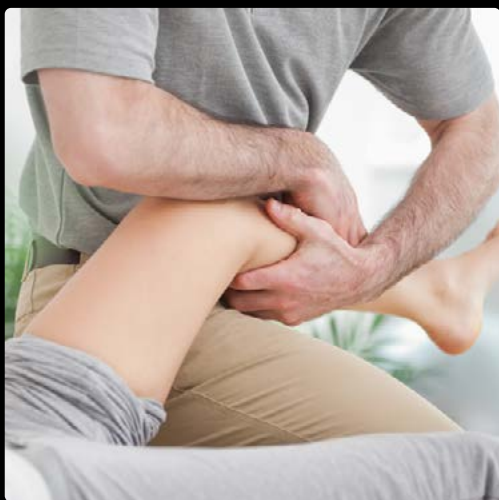
INGREDIENTS

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

DIRECTIONS For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>

YOU DON'T HAVE TO LIVE WITH PAIN!



DO YOU EXPERIENCE PAIN WITH THE FOLLOWING?

- Standing for more than 15 minutes
- Squatting up and down from the floor
- Walking up stairs
- Running, walking, or physical activities
- When you wake in the morning
- Doing daily chores or activities

Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!

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Exercise Essentials

SHORT ARC QUAD

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



Patient Success Spotlight

"THEY HAVE THE TOOLS TO REHABILITATE YOU AFTER SURGERY AND..."



"Wonderful atmosphere and staff that are willing to help you reach your fitness goals in a non-intimidating environment. The staff at Agility Physical Therapy have the tools not only to get you into shape, but rehabilitate you after an injury or surgery. I cannot thank them enough for their support with my entire family. I would recommend them over and over again!"- Angie

CALL TODAY! 941-484-8107