

NEWSLETTER



MOVE YOUR KNEE FREELY ONCE AGAIN, AFTER ACL SURGERY

PHYSICAL THERAPY CAN GET YOU BACK ON YOUR FEET

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WHAT CAN I
EXPECT AFTER MY
ACL SURGERY?

GETTING STARTED
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NEWSLETTER



NO PRESCRIPTION NEEDED!

Direct access is a law that allows patients to go directly to a Physical Therapist without the need for a doctor's referral or prescription.

MOVE YOUR KNEE FREELY ONCE AGAIN, AFTER ACL SURGERY



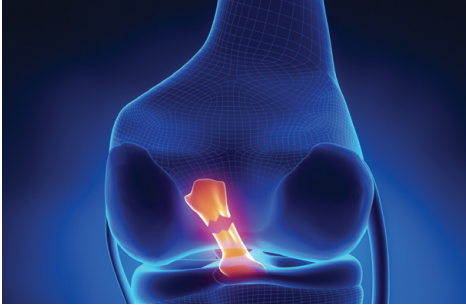
PHYSICAL THERAPY YOU CAN GET YOU BACK ON YOUR FEET

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 Arvada Physical Therapy can help you move freely once again!



WHAT CAN I EXPECT AFTER MY 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 Arvada 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.

GETTING STARTED ON A POST-SURGICAL TREATMENT PLAN

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.

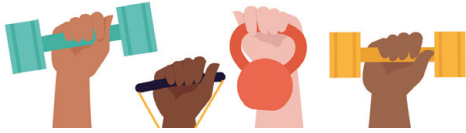
Post-surgical rehabilitation can help decrease these statistics. Our trained professionals will determine what your knee's current range of motion is, along with the location and nature of the pain, swelling, or stiffness you're experiencing from your ACL repair.

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 Arvada 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 knee 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.

Text (720) 358-5385 to Schedule Your Appointment Today!



PATIENT SUCCESS STORY



"I've received physical therapy from Jaime Swanson for three months. My first appointment with her was three weeks after a total knee replacement. Jaime developed a treatment plan for me and in those three months I went from very little knee movement and walking with a cane, to a full knee bend of 125 degrees and total comfort walking on my own.

Jaime included a combination of floor exercises, muscle massages, and good old fashion hard physical therapy on the table. She always checked on my condition each visit and many times patterned that day's therapy based on her assessment.

Jaime has a pleasant demeanor and always asked, "How did that feel? Are you feeling ok?" She really cares. I would strongly recommend Jaime Swanson to anyone requiring physical therapy!" - **Larry D.**

Call (720) 222-9669 or visit ptprofs.com to schedule your appointment today!

EXERCISE ESSENTIALS

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CLAMSHELLS

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your buttocks. Tilt your hips forward towards the ground slightly. Lift your knees apart (like a clam opening).

Exercises
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Arvada Physical Therapy Professionals

Experts in Sports & Outpatient Orthopedic Manual Therapy

One-on-one private sessions with licensed Physical Therapists to help you with your back, shoulder, neck, knee - and all other joint or muscle pain or surgery.



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