ARC PHYSICAL THERAPY

NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM

REQUEST AN APPOINTMENT

November 2023

LIFE AFTER ACL SURGERY

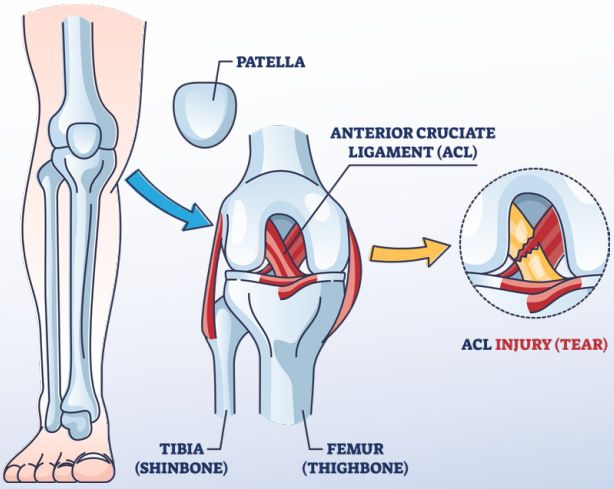
PHYSICAL THERAPY CAN GET YOU BACK TO ENJOYING LIFE FASTER AND WITH MORE MOBILITY

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 ARC Physical Therapy, 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 ARC 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

Continued inside.

Serving Westmont and surrounding areas for over 20 years.

ARC PHYSICAL THERAPY

www.arc-rehab.com

Specialists in treatment of orthopedic problems, pelvic floor issues, and balance and vestibular problems.

Suburban Life's FINEST READER'S CHOICE

Voted Best Physical Therapy Clinic by the Readers of Suburban Life 5 Years in a Row

Continued from previous page.

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.

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 ARC 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 are 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!

At ARC 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.

Stay In Touch!
Follow Us on Facebook
@arcWestmontOrland

ARC PHYSICAL THERAPY

Have you injured your ACL? Contact us today to schedule an appointment with our team!

(630) 323-8646

REQUEST AN APPOINTMENT

TREAT YOUR BODY TO A TUNE UP & USE YOUR BENEFITS BEFORE THEY'RE GONE!

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You may qualify for FREE PHYSICAL THERAPY from the clinic you trust.

If you have met your insurance deductible this year, or have unused money in your HSA account, it could cost you little or nothing to come to ARC Physical Therapy for your aches and pains from now until the end of 2023. Or, if you want to work on improving your strength before heading into 2024, we can help you with that too! Our highly experienced team of physical therapists offers specialized treatment services designed to help you meet your goals. Let us help you get a head start on next year, before your deductible renews again!

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MONTHLY TRIVIA CHALLENGE

ENTER AND WIN!

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. On November 1, 2000, the first crew arrived at what far out location?
2. The International Radio Telecommunications Com adopted what Morse code signal on November 3, 1906 as the new call for help.
3. In 1947, who piloted the Spruce Goose on its only flight, which lasted about a minute, over Long Beach Harbor in California?
4. In 1879, James Jacob Ritty and his brother John invented what to stop the stealing by his bartenders in the Pony House Restaurant saloon in Dayton, Ohio?
5. What board game was first released by Parker Brothers on November 5, 1935?
6. Who was the first sitting President of the United States to make an official trip outside the country on November 9, 1906?
7. Bill Gates introduced Windows 1.0 on November 10 of what year?
8. Who was issued a US patent in 1904 for his invention of a safety razor using disposable blades?

EXERCISE OF THE MONTH

HEEL SLIDES LONG SIT WITH TOWEL AND BELT

Start by sitting on the floor with both legs extended out in front of you and your back flat. Loop a strap around your foot on your injured leg and place a towel under your heel. Slowly pull your heel toward your butt by tugging on the strap until you have reached your max comfortable range of motion. Slowly allow your heel to slide back out until your leg is straight.

CLICK HERE to check out our YouTube channel for more exercise you can do at home.

The Physical Therapists at ARC can develop an exercise plan designed to help you reach your goals.

COME BACK TO ARC PT!

- **Has a pain returned?**
- **Are you suffering from a new pain?**
- **Do you want to be healthier, stronger, and more active?**

If you answered yes to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.

CALL ARC TODAY!

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