



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!



HOW PHYSICAL THERAPY 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 Rebound Fitness & Rehabilitation, 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 Rebound Fitness & Rehabilitation, 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.

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 Rebound Fitness & Rehabilitation, we will work hard to make your rehabilitation process as smooth as possible, so you can get back to playing the sport you love.

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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
- Your movement quality
- The strength of your entire lower extremity and core
- 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!



CONTACT US TODAY!

At Rebound Fitness & Rehabilitation, 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 with our team!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7735691/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6063063/> • https://bjsm.bmj.com/content/54/9/512?fbclid=IwAR2UKfY7cDI_SB1wsAQYdvPIH_y38G23CHQo-xDm5OtpSN6DWTfEYAJ1A

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WE LOOK FORWARD TO YOUR CALL:

847.748.1320

*Offer valid for the first 20
people to schedule.*

Patient Success



“I can't say enough great things about Rebound Fitness in Northbrook. Their depth of knowledge and dedication to their craft is evident from the moment you walk in the door. Anyone who knows PT and training, knows that there is a wide spectrum of what you can experience and this practice is at the very top of that spectrum. Thank you Greg and thank you Jay for all that you have done for me!” — R.E.



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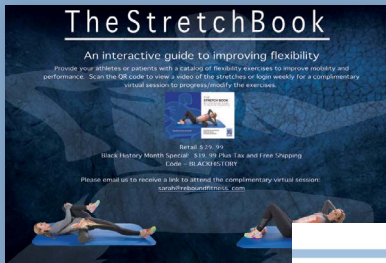
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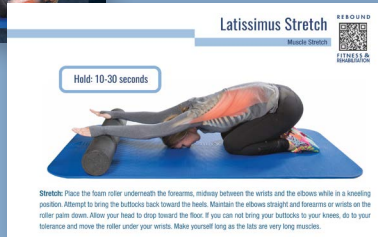
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The Stretch Book: An Interactive Guide To Restore Flexibility by Greg Cadichon ATC and John Brna MD is available now!



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Includes Stretches
For All Major
Muscle Groups!



Our Stretch Book can help you achieve your health goals. Each stretch includes an instructional video to show you exactly what you need.

For more information, visit us at: REBOUNDFITNESS.COM

Share The Path To Better Health!

Share the benefits of physical therapy with a friend!

We appreciate your confidence and will do our best to help those you refer meet their health and rehab goals. Thank you to all of our friends who refer others to us! Leave us a Google review! Click the button below to leave your review now. Your positive review helps us impact more people's lives!

Leave A Review

EXERCISE ESSENTIALS

Check out these exercises on our Youtube channel to help train for winter sports or simply feel your best for your 2024 resolutions!

DYNAMIC STABILITY TEST

Dynamic Stability Test - Knee



CLICK HERE TO WATCH NOW

THREE WAY KICK ON THE FLOOR

Three Way Kick On Airex



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BOSU FRONT-TO-BACKS

Bosu Front-to-Backs



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