



NEWS LETTER

MOVE YOUR KNEE FREELY ONCE AGAIN, AFTER ACL SURGERY

INSIDE:

- Getting Started On A Post-Surgical Treatment Plan
- Patient Success Spotlight
- Exercise Essentials
- Healthy Recipe





NEWS LETTER

GET OUT & MOVE 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 Ellis 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 Ellis 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

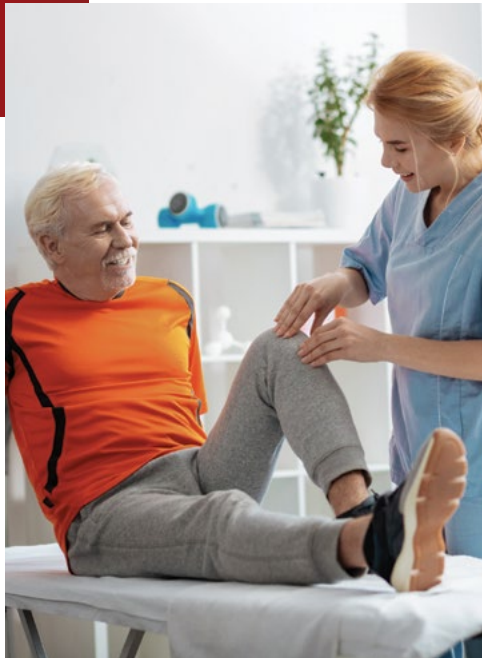
There are some intimidating statistics regarding ACL injuries - according to the National Institutes of Health, it is estimated that approximately 350,000 ACL reconstructions are performed annually across the nation. Despite surgical repair, those who sustained an ACL injury in need of correction are 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 Ellis 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.



EXERCISE ESSENTIALS

Flexibility, strength, and stability are needed to keep you loose and pain-free...Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.

IT BAND STRETCH | SIDELIING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds. Repeat as needed.

EXERCISES COPYRIGHT OF
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Patient Success Spotlight

"I hiked 10 miles today with no pain!"

"Staying healthy, happy, and maintaining your active lifestyle takes proactive care. Jay has never failed me! Recently I had a knee injury that the Ortho Doctor said was just age and wasn't much that could be done. I met with Jay and he identified the issue and how to fix it and he gave me an excellent plan to address the pain. I hiked 10 miles today with no pain!! I highly recommend him." - T.B.

CASH-BASED SERVICES



Ellis Physical Therapy offers cash-based services for patients (based on circumstances) who may or may not have insurance. At Ellis Physical Therapy, physical therapists are dedicated to providing each patient the best quality care available. **A full evaluation at Ellis Physical Therapy for cash-based patients is \$125. Additionally, day-to-day treatment is based on time: \$80/hr or \$40/half-hour.**

We do offer cash-based rates for other specialty treatment services. Please check with our administrators at the front desk for more information regarding specific treatment. A list of the primary services our physical therapist offer include:

- Therapeutic Exercise
- Manual Therapy
- Hydrotherapy
- Neuromuscular Re-education
- Ultrasound
- Laser Therapy
- Anodyne Therapy/ Infrared Light Therapy
- Iontophoresis
- Electrical stimulation
- Massage therapy (available through licensed Massage Therapy Tonya Jones & Custom Orthotics
- Pilates (private sessions available through Andrea Flegel, National Certified Pilates Instructor)

Are you interested in exclusive access to our gym & aquatic area? Ellis Physical Therapy also offers a ticket program that gives you access to our resources even if you're not a patient!

HEALTHY RECIPE

PROTEIN PB & J SMOOTHIE BOWL



INGREDIENTS

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

INSTRUCTIONS:

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave for 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

<https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/>

FOLLOW US ON INSTAGRAM

Did you know our clinic has its own Instagram page? Follow our page for the clinic, @ellis.physicaltherapy, to see fun photos of clinic activities, stay up-to-date on our happenings and events, and find helpful articles on conditions we treat!

We love staying in touch and connected with our patients!
Follow us today @ellis.physicaltherapy.



Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

(208) 523-8879