

A photograph of a young woman with long brown hair, wearing a white and dark blue ski jacket, a white helmet with orange-tinted goggles, and white gloves. She is smiling broadly and holding a pair of skis across her shoulders. The background is a snowy mountain landscape with evergreen trees.

# HOW PHYSICAL THERAPY CAN HELP AFTER ACL SURGERY

Read more inside on What To Expect With Post-Surgical Physical Therapy, Tips For Better Heart Health, and COVID-19 Precautions!

[DarienPhysicalTherapy.com](https://DarienPhysicalTherapy.com)

Give us a call today at (203) 655-6464



## 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? At Darien 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, 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 Darien 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 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 Darien 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 is 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

### **Contact Us Today!**

At Darien 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.

**Have you injured your ACL? Call (203) 655-6464 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=IwAR2UKfY7cDL\\_SB1wsAQAydvPIH\\_y38G23CHQo--xDm50tbpSN6DwtEVAJ1A](https://bjsm.bmj.com/content/54/9/512?fbclid=IwAR2UKfY7cDL_SB1wsAQAydvPIH_y38G23CHQo--xDm50tbpSN6DwtEVAJ1A)

**Have pain that won't go away? We want to help!  
Give us a call at (203) 655-6464 or visit  
[DarienPhysicalTherapy.com](http://DarienPhysicalTherapy.com) today!**

# TIPS FOR BETTER HEART HEALTH!

## 1. Aim For Lucky Number Seven.

Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.

## 2. Keep The Pressure Off.

Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

## 3. Move More.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is detrimental to heart health.

## 4. Slash Saturated Fats.

To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

## 5. Find Out If You Have Diabetes.

Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

## 6. Check The Scale.

Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.

## 7. Clean Up.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



**You No Longer Need A Physician's Referral For Physical Therapy!**

*Call us at (203) 655-6464 today to start living your life again!*

## COVID-19 PRECAUTIONS



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS



OUR CLINICIANS HAVE BEEN VACCINATED

Your health is our highest priority. Give us a call at (203) 655-6464 or visit [DarienPhysicalTherapy.com](http://DarienPhysicalTherapy.com) today!