



## **How Physical Therapy Can Help After ACL Surgery**

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# NEWSLETTER

## AUGUST 2023



# Kinect

PHYSIOTHERAPY



## 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 Kinect Physiotherapy, 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 Kinect Physiotherapy, 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.

*Continued inside.*

## INSIDE:

- What To Expect After ACL Surgery
- 6 Summer Diet Tips
- Patient Success

## SEASONAL RECIPE

### Caprese Salad



### INGREDIENTS

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella cheese, sliced

### BALSAMIC VINAIGRETTE:

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp salt
- 1/8 tsp pepper

### DIRECTIONS

Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

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Continued from outside.

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 Kinect Physiotherapy, 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!

#### CONTACT US TODAY!

At Kinect Physiotherapy, 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!



VISIT [KINETPTNC.COM](http://KINETPTNC.COM) FOR MORE INFO

## 6 SUMMER DIET TIPS

Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation and pain. Conditions including heart disease and diabetes are also impacted by dietary intake. In summer, it can be difficult to keep good nutrition at the forefront especially with barbecues and cookouts popping up everywhere you look! Here are 6 nutrition tips to help you maintain a healthy diet this season:

**1. Swap out snacks for fruits and vegetables.** Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

**2. Replace steak with fish.** Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish into your diet every week.

**3. Reduce your saturated fat intake.** Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat includes fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.

**4. Cut down on sugary drinks.** Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!

**5. Drink enough water.** Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.

**6. Don't skip breakfast.** A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate the season and prioritize your health this summer!



## STAFF SPOTLIGHT



### Kaitlyn Walters Intake coordinator

Katie, a lifetime Wake Forest resident started in 2020 working for Kinect Physiotherapy as a receptionist/intake coordinator. Her responsibilities within the clinic are scheduling patients and insurance verification. In her spare time she enjoys spending quality time with her family, friends & fiancé.

She has a big heart when it comes to

animals and even runs a small "zoo" at home with 2 dogs, 2 guinea pigs and a hamster.

## Refer A Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



## PATIENT SUCCESS

**"Matt is an asset to this practice and any patient assigned to him will not be disappointed."**

Clean, pleasant, and comfortable environment. Have received excellent "hands on" physical therapy from Matt. The therapy has been spot on and he teaches as he goes. He is very knowledgeable and I have confidence in his expertise. Matt is an asset to this practice and any patient assigned to him will not be disappointed.

-Florrie M.

## COME BACK TO PHYSIO

### 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 healthy lifestyle



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

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