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**Georgian Bay
Location**



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HOW PHYSIOTHERAPY CAN HELP AFTER ACL SURGERY

Georgian Bay Location

1 First Street Unit 102 M 8:00a - 8:00p
Collingwood ON T 8:30a - 8:00p
L9Y 1A1 W 8:00a - 8:00p
Th 8:00a - 8:00p
Phone: 705-446-2551 F 8:30a - 4:00p
Fax: 705-446-1897

Stayner Location

7460 County Road 91
Unit 3
Stayner, ON L0M 1S0
Phone: 705-446-2551
Fax: 705-517-0076

Wasaga Location

102 - 14 Ramblewood M 10:00a - 3:00p
Drive, Wasaga Beach, T 8:00a - 3:00p
ON L9Z 0C4 W 8:00a - 3:00p
Th 10:00a - 3:00p
Phone: 705-446-2551 F 10:00a - 3:00p
Fax: 705-446-1897

Hours subject to change due to COVID-19. Please call in advance.

INSIDE: How Physiotherapy Can Help After ACL Surgery
What To Expect With Post-Surgical Physiotherapy



How Physiotherapy 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 Peak To Shore Physiotherapy, our physiotherapists 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 physiotherapist following an ACL injury and subsequent repair. This is a major surgery that can significantly affect your way of life. Fortunately, at Peak To Shore Physiotherapy, our licensed and experienced physiotherapists can help you move freely once again!

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 physiotherapy 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 Peak To Shore 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 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

Schedule Your Next Appointment Today!



Scan the QR Code to visit our website at peaktoshorephysiotherapy.com

Let's Get Social!



We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more!
Don't miss out - follow us today!

 @PeaktoShore

Laughter Is The Best Medicine

Did you know?

...that laughter is good for your heart? It diminishes stress and boosts the immune system. Even the simple act of smiling has a positive effect on happiness and physical health, helping the heart recover more quickly after stressful events. Smiling and laughter reduce blood pressure and releases serotonin and other natural pain killers.

Did you know?

...that laughter's positive effects are instantaneous! Once you start laughing, you immediately feel better and pain is perceived as less intense. These effects can last as long as 24 hours so laugh at least once a day!



What To Expect With Post-Surgical Physiotherapy

Establishing clear task-based progressions will provide structure and motivation for your rehabilitation after ACL surgery. Our team of physiotherapists 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.

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 physiotherapy!

Contact Us Today!

At Peak To Shore 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 physiotherapists 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?bclid=1wAR2UKfY7cDL_Sb1wsAQAydvPIH_y38G23CHQo--xDm5OtbpSN6DWEYAJ1A

Exercise Essential



 SimpleSet Pro

KNEE EXTENSION

Lie on your back with knee slightly bent. Straighten knee by pushing the back of your knee toward the floor.

Did You Know?

We Also Specialize In:

- Physiotherapy
- Therapeutic Exercise
- Acupuncture
- Taping & Bracing
- Manual Therapy
- Sports Medicine
- Chiropractic Care
- Athletic Therapy
- Massage Therapy
- Strengthening & Conditioning
- Concussion Therapy



Healthy Recipe *The Best Guacamole Ever*

- 3 tomatillos
- 1/3 cup chopped red onion
- 1/3 cup chopped plum tomato
- 3 tablespoons chopped cilantro
- 1 tablespoon fresh lime juice
- 3/4 teaspoon salt
- 2 ripe peeled avocados
- 2 jalapeño peppers, seeded and finely chopped
- 1 garlic clove, minced

To prepare guacamole, peel papery husk from tomatillos; wash, core, and finely chop. Combine tomatillos, onion, and remaining ingredients; stir well. Serve guacamole with chips.

4 Fall Sports Safety Tips for Kids



As a parent, it's normal to be worried about falls and other accidents. Kids are clumsy, rambunctious, and almost always on the move! It's hard not to worry about them getting injured, especially when they play a sport.

With fall sports starting up again, we want to assist you in preventing sports injuries from placing your child on the sidelines. ***So we've put together a list of preventative measures for keeping your child healthy and active this season!***

1. Monitor their diet and nutrition.

Encourage your child to consume a nutritious diet made up of organic, healthy ingredients. Make sure your little one stays hydrated with plenty of water. It's also a good idea to ensure they maintain a steady electrolyte balance.

2. Teach your child to speak up about any pain.

Children may "play through the pain" or not acknowledge common injury signs. These actions may place them at risk for making a relatively mild condition more serious. Recognizing a possible sprain or stress fracture is key to getting immediate care and resolution so that they may go back to play. Teaching your child to address pain and dysfunction early is very important for their overall health.

3. Encourage them to take proper warm-ups and cool-downs.

Children are excited to get into the game and tend to be in a rush to get into practices — and just as anxious to get out of them when they're finished. However, participating in athletics without first warming up may lead to preventable injuries. A cardiovascular warm-up such as jogging with some gentle stretching may be all that is needed to avoid these issues. After the exercise, a cool down and stretch routine also helps the tissues recover from their workout.

4. Promote safe play.

Even the most physically fit children will get into trouble if they disregard safe play guidelines. Appropriate use of helmets and other protective gear is key — so be sure it fits your child well and is worn correctly.

Did You Know?

We Can Also Treat:

- Arthritis
- Hip Injuries
- Knee/Ankle Injuries
- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries
- Sprains
- Vertigo
- And more!



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