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**Georgian Bay
Location**



**Stayner
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**Wasaga
Location**

HOW PHYSIOTHERAPY CAN HELP AFTER ACL SURGERY

Georgian Bay Location

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

Stayner Location

7460 County Road 91 M 8:00a - 8:00p
Unit 3 T 8:00a - 5:00p
Stayner, ON L0M 1S0 W 8:00p - 7:00p
Th 8:00a - 8:00p
Phone: 705-446-2551 F 8:00a - 1:30p
Fax: 705-517-0076

Wasaga Location

102 - 14 Ramblewood M 7:30a - 3:00p
Drive, Wasaga Beach, T 8:00a - 8:00p
ON L9Z 0C4 W 7:30a - 7:00p
Th 8:00a - 3:00p
Phone: 705-446-2551 F 10:00a - 4:00p
Fax: 705-446-1897

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

INSIDE: How Physiotherapy Can Help After ACL Surgery
How Warming Up & Cooling Down Prevents Injuries



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 it? 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!

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 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.



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

Our Patients Get Great Results!

"Peak to Shore is a very friendly and professional place. I had shoulder surgery performed by Dr. Koo who did an amazing job to make sure I have a healthy and strong shoulder for when I return to combat sports and my job as a framer. I received chiropractic sessions during recovery by Dr. Baldwin who will forever stand out to me as a hard working professional who takes great care of his clients and wanting what's best for them. While in the past I looked at recovery as a very bland and slow process, Brad gets to know his clients on a supportive/friendship level which I believe promotes a very healthy and enjoyable experience during recovery while getting an amazing outcome as well."

- Google 5-Star Review



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!

Schedule Your Next Appointment Today!

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Call Us Today to Get Started!

At the end of the day, Peak To Shore Physiotherapy is here to provide support to you, every step along the way. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

If you are in the Ontario area, or any of the surrounding areas, and you are looking for relief, look no further. Peak To Shore Physiotherapy is here to help as one of the most favored Ontario physiotherapy practices.

Give us a call or visit us online at peaktoshorephysiotherapy.com to schedule an appointment with one of our physiotherapists today!

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Exercise Essential



SEATED HAMSTRING STRETCH

Start by sitting up straight in a chair with one knee bent and the other straight. Place both hands on the straight knee and slowly bend forward at your waist like a hinge. Feel the stretch in the back of your leg.

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

How Warming Up & Cooling Down Prevents Injuries



Are you looking for an edge on the playing field? Or maybe you are more interested in preventing injuries and maximizing your recovery. At Peak to Shore Physiotherapy, our physiotherapists are up-to-date on the most advanced strategies to prevent injuries and enhance performance!

Over the years, some updates have been on the most effective way to prepare an athlete for competition. In years gone by, the main recommendations were to perform sustained stretches before competitions. Still, research showed us that there are more effective ways to prepare for competition and prevent injuries simultaneously.

What are the most effective warm-ups and cool-downs to prevent injuries?

Dynamic stretching and Proprioceptive Neuromuscular Facilitation (PNF)-type stretching has been shown to help improve range of motion, increase blood flow and improve overall performance, especially in sprinting and jumping sports.

It has also been shown that warm-ups that simulate the actual sport (functional movements) you are about to participate in can help improve your performance. But long-duration (<60 seconds) static stretching may impair

your performance and should be avoided or followed up by dynamic stretching and/or a general warm-up.

If your primary goal is to prevent musculoskeletal injuries to the hip, knees, or even the shoulders, warming up properly will focus on increasing blood flow, mobilizing the muscles and joints, and cooling down (recovering) properly. There is significant evidence to support the use of warm-up programs in a team and individual sports, with an expected reduction of the risk of injury by over 35%.

Recovery is as important as warming up and should consist of proper hydration, nutrition, and foam rolling to minimize post-workout soreness. Adequate sleep is by far the most important tool for recovery and injury prevention and should be at the top of the list for every athlete!

No matter your age or ability, learning to warm up and cool down can make all the difference between injury and playing pain-free!

Sources:
<https://link.springer.com/article/10.1007/s40279-019-0958-5>
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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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Stayner Location

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Wasaga Location

102 - 14 Ramblewood Drive
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