

4 months post acl surgery exercises

4 Months Post ACL Surgery Exercises: Regaining Strength and Stability

By Dr. Evelyn Reed, PT, DPT, OCS

Dr. Evelyn Reed is a Doctor of Physical Therapy with over 15 years of experience specializing in orthopedic rehabilitation, with a particular focus on ACL reconstruction and knee injuries. She is a board-certified orthopedic clinical specialist and a member of the American Physical Therapy Association.

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Edited by Sarah Miller, MPT

Sarah Miller is a Master's prepared Physical Therapist with 8 years of experience in sports medicine and rehabilitation. She has extensive experience in editing medical and rehabilitation-focused publications.

Introduction:

Four months post ACL surgery marks a significant milestone in your recovery journey. While the initial healing phase is largely complete, this is the crucial period for regaining strength, stability, and proprioception (body awareness) in your knee. The exercises you undertake at this stage directly impact your long-term functional outcome and the speed of your return to activities you enjoy. This article will delve into the specific exercises recommended at 4 months post ACL surgery, highlighting their importance and providing practical advice for a successful rehabilitation program. Understanding the nuances of '4 months post ACL surgery exercises' is vital for both patients and healthcare professionals.

Phase 1: Strengthening the Quadriceps and Hamstrings (Weeks 12-16)

At four months post-op, your focus shifts towards building strength in the muscles surrounding your knee. The quadriceps (front of the thigh) and hamstrings (back of the thigh) are crucial for knee stability. Weak muscles increase the risk of re-injury. Exercises during this phase should be progressively loaded.

Isometric Quadriceps Exercises: These involve holding the muscle contraction without movement. Examples include straight leg raises (SLR) with minimal resistance and isometric quad sets. These

help regain muscle activation without stressing the graft.

Isotonic Quadriceps Exercises: These involve movement. Start with leg extensions using light weights or resistance bands. Gradually increase the resistance and repetitions as tolerated. Focus on controlled movements to avoid strain.

Hamstring Curls: Similar to leg extensions, hamstring curls strengthen the posterior muscles of the thigh, vital for knee stability. Begin with low weight and controlled movements, gradually increasing resistance and repetitions.

Leg Press: The leg press machine allows for progressive overload while minimizing stress on the knee joint. Start with low weight and a wide stance to engage the entire leg musculature.

Open Kinetic Chain Exercises: Exercises like seated leg extensions and hamstring curls work the muscles individually, ideal for isolating and strengthening specific muscle groups.

Phase 2: Improving Balance and Proprioception (Weeks 12-16)

Restoring balance and proprioception – the body's awareness of its position in space – is equally important as muscle strength. A lack of proprioception increases the risk of instability and re-injury.

Single-Leg Stance: Stand on one leg for increasing durations, focusing on maintaining balance. Gradually reduce your base of support (slightly bending the knee). Use a chair or wall for support initially.

Balance Board Exercises: Balance boards challenge your proprioceptive system, improving coordination and stability. Start with short sessions and gradually increase the duration and difficulty.

Mini-Squats: Start with partial squats, ensuring you maintain good form and controlled movements. This exercise builds strength while improving proprioception. Perform these with minimal weight or bodyweight only.

Phase 3: Functional Exercises and Return to Activity (Weeks 16 onwards)

Functional exercises simulate real-life movements, preparing you for activities of daily living and, eventually, sport.

Step-Ups: Stepping up and down onto a platform strengthens the leg muscles and improves balance, mimicking stair climbing.

Lunges: Lunges are a more advanced exercise that improves leg strength, balance, and coordination. Begin with stationary lunges, progressing to walking lunges as tolerated.

Plyometrics (Later Stages): Plyometrics, or jump training, should only be introduced after significant strength and stability have been achieved. This involves exercises such as box jumps and jump squats. These are crucial for power and agility but should be carefully progressed under the guidance of a physical therapist.

The Implications for the Industry:

The evolving understanding of '4 months post ACL surgery exercises' has significant implications for the rehabilitation industry. The shift towards patient-specific exercise programs, based on individual needs and recovery progress, is gaining momentum. Technology is playing a larger role, with wearable sensors providing real-time feedback on joint mechanics and muscle activation, leading to more effective and personalized rehabilitation. This approach ensures a faster and safer return to

activity for patients. Furthermore, the focus on functional rehabilitation, moving away from isolated exercises to tasks that mimic everyday movements, is crucial in preparing patients for a full return to their desired activity levels.

Conclusion:

The four-month mark post ACL surgery represents a turning point in your rehabilitation. By diligently performing the prescribed '4 months post ACL surgery exercises', focusing on progressive overload, and paying attention to balance and proprioception, you can significantly improve your chances of a full recovery and a safe return to your desired activity level. Remember to always consult your physical therapist or surgeon for personalized guidance and to adjust the exercises according to your individual progress and tolerance. Ignoring proper progression can lead to setbacks and re-injury. Consistent effort and adherence to your rehabilitation program are key to a successful outcome.

FAQs:

1. Is it normal to still have some pain at 4 months post-op? Yes, some mild pain is normal, but it should be manageable and decrease with exercise. Severe pain warrants a consultation with your doctor or physical therapist.
1. When can I start jogging or running after ACL surgery? This varies greatly depending on individual progress, but typically this happens much later, often 6-9 months post-op or longer.
1. What if I miss some exercise sessions? Consistency is key. Missed sessions can delay your recovery. Try to reschedule missed sessions as soon as possible.
1. Can I return to sports at 4 months post-op? Generally not. Returning to sports too early significantly increases the risk of re-injury.
1. What are the signs of overtraining? Increased pain, swelling, stiffness, and fatigue are indicators of overtraining. Rest is crucial to allow the body to heal.
1. What kind of brace should I be wearing at this stage? The need for a brace typically diminishes at this stage, but your physical therapist can provide guidance.

1. How important is it to follow my physical therapist's instructions? Crucial. Your physical therapist designs your program based on your specific needs and progress. Deviating from the program can lead to complications.
1. What if I experience swelling? Mild swelling is common, especially after exercise. Elevate your leg, use ice, and compression to manage it. Persistent or significant swelling warrants a consultation.
1. How long does the entire ACL recovery process take? Full recovery can take 9-12 months or longer, depending on the individual and the complexity of the surgery.

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4 months post acl surgery exercises: The Anterior Cruciate Ligament: Reconstruction and Basic Science E-Book Chadwick Prodromos, 2017-05-31 The Anterior Cruciate Ligament: Reconstruction and Basic Science, 2nd Edition, by Dr. Chadwick Prodromos, provides the expert guidance you need to effectively select the right procedure and equipment, prevent complications, and improve outcomes for every patient. Written and edited by world leaders in hamstring, allograft, and bone-patellar tendon-bone (BTB) ACL reconstruction, this revised reference is a must-have resource for the full range of anterior cruciate ligament reconstruction techniques, plus fixation devices, rehabilitation, revision ACLR surgery, and much more! - Covers the latest clinical and technical information on pain control, genetics and biologics, the use of ultrasound, and much more. - EBook access features an exhaustive ACL bibliography database more than 5000 available articles. - Features dozens of new chapters that offer up-to-date information on pain control after ACLR, single vs. double bundle repairs, genetics and collagen type, all-inside techniques, biologics, pediatrics, ACL ganglion cysts, prognosis for ACLR success, allografts vs. autografts, and more. - Provides the experience and insight of a dream team of ACL experts, including James Andrews on sports medicine, Frank Noyes on HTO and ACLR, and Andrew Amis on the benefits of the older femoral tunnel placement technique. - Expert Consult™ eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, Q&As, and references from the book on a variety of devices.

4 months post acl surgery exercises: Return to Sport after ACL Reconstruction and Other Knee Operations Frank R. Noyes, Sue Barber-Westin, 2019-11-05 The wealth of information provided in this unique text will enable orthopedic surgeons, medical practitioners, physical therapists, and trainers to ensure that athletes who suffer anterior cruciate ligament (ACL) injuries, or who require major knee operations for other reasons, have the best possible chance of safely resuming sporting activity at their desired level without subsequent problems. Divided into seven thematic sections, the coverage is wide-ranging and encompasses common barriers to return to sport, return to sport decision-based models, and the complete spectrum of optimal treatment for ACL injuries, including preoperative and postoperative rehabilitation. Advanced training concepts are explained in detail, with description of sports-specific programs for soccer, basketball, and tennis. Readers will find detailed guidance on objective testing for muscle strength, neuromuscular function, neurocognitive function, and cardiovascular fitness, as well as validated assessments to identify and manage psychological issues. In addition, return to sport considerations after meniscus surgery, patellofemoral realignment, articular cartilage procedures, and knee arthroplasty are discussed. Generously illustrated and heavily referenced, Return to Sport after ACL Reconstruction and Other Knee Operations is a comprehensive resource for all medical professionals and support staff working with athletes and active patients looking to get back in the game with confidence.

4 months post acl surgery exercises: Current Concepts in ACL Reconstruction Freddie H. Fu, Steven B. Cohen (M.D.), 2008 From evaluation to outcome, Current Concepts in ACL Reconstruction will help you keep pace with the latest techniques for the treatment of anterior cruciate ligament injuries. This text provides the most complete and up-to-date information for the surgical reconstruction of a torn ACL including details about the newer double-bundle procedure. Both American and international perspectives on the treatment of ACL injuries are included to provide the most comprehensive review on the market today. Inside this richly illustrated text, Drs. Freddie H. Fu and Steven B. Cohen along with contributions from the world's most experienced knee surgeons review the basic science, kinematic, imaging, and injury patterns surrounding the ACL. Surgical concepts, various techniques for reconstruction, and diverse opinions on approaching the ACL are also included. Current Concepts in ACL Reconstruction explains the anatomical basis in order to provide the most current surgical principles to ensure the patient receives the best surgical outcomes. To reflect recent advancements in ACL treatment, the emerging double-bundle technique is comprehensively covered. The differences between the single- and double-bundle techniques are discussed with perspectives from leading international experts in double-bundle reconstruction. An accompanying video CD-ROM demonstrates the various procedures mentioned throughout the text.

In addition, several of the world's most experienced surgeons provide their perspective from what they have learned by performing ACL surgery for over 25 years, along with their insight into the future treatment of ACL injuries. What you will want to learn more about: - Differences between single- and double-bundle reconstruction techniques - Outcomes of single- and double-bundle reconstruction - Pediatric ACL reconstruction - Gender differences in ACL injury - Radiographic imaging - Computer navigation assistance for ACL reconstruction - Injury patterns of the ACL - Graft choices in ACL surgery - Revision ACL surgery - Postoperative rehabilitation after ACL reconstruction - Outcome measures to assess success after surgery Current Concepts in ACL Reconstruction answers the need for a comprehensive information source on the treatment of ACL injuries. Orthopedic residents and surgeons will be prepared with this thorough review of ACL reconstruction by their side.

4 months post acl surgery exercises: The Knee Book - A Guide to the Aging Knee Adam S. Rosen, DO, 2021-12-09 Suffering from knee pain and desperate to know why? Discover the hows and whats of chronic discomfort and the steps you can take to get better. Seeking answers about your joint problems? Trying to decide how to decrease symptoms and improve your quality of life? Considering having an operation but worried over what it entails? Board Certified Orthopedic Surgeon, podcast host, and lecturer Dr. Adam Rosen has treated thousands of people in need of total knee and hip replacement, helping them on their journeys to wellness. Now he's here to share his vast experience and knowledge so that you can enjoy recovery and healing, with or without surgery. The Knee Book - A Guide to the Aging Knee is the must-have resource for those with health complaints who are looking for relief. With easy-to-understand language and patient-friendly discussion, Dr. Rosen walks readers through the different types of diagnoses, treatment options from conservative fixes to going under the knife, and how to approach rehabilitation for the best results. And by relying on the crucial information offered in these pages, you will be able to talk to your doctor and move forward with an actionable plan full of confidence and hope. In The Knee Book, you'll discover: - How to better understand why you are hurting and the things you can do to improve your symptoms - Comprehensive but easily accessible breakdown of the various kinds of diagnoses to help you make assured decisions - Simple exercises that can strengthen your legs at home and increase body functionality - Methods to control pain and use physical therapy to encourage good outcomes - Ways weight-loss can reduce suffering, straightforward explanations of common conditions such as meniscus tears, Baker's cysts, and arthritis, and much, much more! The Knee Book is the perfect road map for navigating health challenges. If you like user-friendly descriptions, knowing all your options, and simplifying medical speech, then you'll love Dr. Adam Rosen's invaluable primer. Buy The Knee Book to walk without pain today!

4 months post acl surgery exercises: Total Knee Arthroplasty James Alan Rand, 1993 This comprehensive reference on total knee arthroplasty describes all surgical techniques and prosthetic designs for primary and revision arthroplasty, discusses every aspect of patient selection, preoperative planning, and intraoperative and postoperative care.

4 months post acl surgery exercises: The ACL Guidebook Shai Simonson, 2019-11-10 Tearing your ACL is a devastating injury requiring surgical replacement and a 1-2 year rehab. Everything you need to know to manage a torn ACL can be found in this book. Written by a patient in consultation with his surgeon, this is the perfect guidebook for someone looking for a patient's perspective. Learn the anatomy of the knee, study surgical options, enjoy celebrity athlete stories, and prepare your rehab. Compare your story to others, and know what to expect in the short and long term.

4 months post acl surgery exercises: The Posterior Cruciate Ligament Michael Strobel, Andreas Weiler, 2010

4 months post acl surgery exercises: Return to Play in Football Volker Musahl, Jón Karlsson, Werner Krutsch, Bert R. Mandelbaum, João Espregueira-Mendes, Pieter d'Hooghe, 2018-03-16 In this book, leading experts employ an evidence-based approach to provide clear practical guidance on the important question of when and how to facilitate return to play after some of the most common

injuries encountered in football. Detailed attention is paid to biomechanics, the female athlete, risk factors, injury prevention, current strategies and criteria for safe return to play, and future developments. Specific topics discussed in depth include concussion, anterior cruciate ligament and other knee injuries, back pathology, rotator cuff tears, shoulder instability, hip arthroscopy, and foot and ankle injuries. The chapter authors include renowned clinicians and scientists from across the world who work in the field of orthopaedics and sports medicine. Furthermore, experiences from team physicians involved in the Olympics, National Football League (NFL), Union of European Football Associations (UEFA), and Fédération Internationale de Football Association (FIFA) are shared with the reader. All who are involved in the care of injured footballers will find this book, published in cooperation with ESSKA, to be an invaluable, comprehensive, and up-to-date reference that casts light on a range of controversial issues.

4 months post acl surgery exercises: Ultimate Knee Rehab Guide Dr Luqman Shaikh, 2020-03-23 The Ultimate Knee Rehab Guide is for health and fitness professionals and individuals who are looking for scientific and evidence based knee rehab exercises and educate in the field of exercise prescription and rehabilitation programming involving pain/ ailments, injuries and surgery for the knee. You will be learning key exercises and progressions, as well as how to design, construct and implement effective knee rehab programs for yourself and your clients. What's included in the book? Rehab Strategies - Prehab 121 7 phases of Rehab protocols for Intermediate to late stage rehabilitation - Role of criteria based progression - Return to Sport/ activity decision making - Rehabilitation of multi-ligament knee injuries Prehab Strategies - Injury Prevention Program - Pre-operative Rehabilitation Phase 100 + exercises with illustration and how to perform Topics Included: Injury Recovery and Readiness for Surgery This phase outlines steps to be taken towards conservative and surgery management with outcome measures and goals. It will cover specific loading progressions and stress free strengthening. Recovery from Surgery This phase outlines guidelines to be taken to manage early rehabilitation of the knee post-surgery. It will cover post-surgery loading the knee with exercises to maintain tone of the muscles and focus motion exercises to limit dysfunction. Early Strengthening This phase covers exercises to increase muscle strength adding body weight and stressing the tissues. Understanding tissue loading with outcome measures will be introduced with volume loading and the acute to chronic workload ratio. Strength and Balance + Proprioception This phase will be gym / clinic based regime with a mixture of resistance, balance, and co - ordination exercises. Different exercises focusing on same muscles to avoid adaptation for clients, and cueing and motor control strategies to optimize technique. Progression to next phase with evidence based outcome measures will be covered in this phase Early Return to Sport - Agility This phase focuses on return to running, agility, jumping and hopping, as well as continuation of gym based strength and neuromuscular program. Cover managing fatigue and recovery with recovery modalities to manage fatigue day to day. Return to sport decision making with evidence based tests will be covered in this phase Prevention of re-injury - Advance Sports and Functional This phase covers balance between adequate strength and preventing injuries in non-injured clients. This includes how training volume and intensity should be incorporated with strategies for various goals, including strength, endurance, power, hypertrophy and movement tolerance.

4 months post acl surgery exercises: The Unhappy Total Knee Replacement Michael T. Hirschmann, Roland Becker, 2015-09-15 This book addresses the need for improved diagnostic and treatment guidelines for patients in whom total knee arthroplasty (TKA) has had an unsatisfactory outcome. It opens by discussing the basics of TKA and the various causes of failure and pain. Diagnostic aspects are considered in detail, with attention to advances in clinical investigation, laboratory analysis and in particular, imaging techniques. In addition, helpful state of the art diagnostic algorithms are presented. Specific pathology-related treatment options, including conservative approaches and salvage and revision TKA strategies, are then explained, with identification of pitfalls and key points. A series of illustrative cases cover clinical scenarios frequently encountered in daily clinical practice. The evidence-based, clinically focused guidance

provided in this book, written by internationally renowned experts, will assist surgeons in achieving the most effective management of these challenging cases.

4 months post acl surgery exercises: Recent Advances in Arthroscopic Surgery Hiran Amarasekera, 2018-10-10 This book is aimed at providing an overview of arthroscopic joint surgery involving major joints in the body. It discusses all aspects of arthroscopy including complex surgical procedures, feasibility of performing surgery as an OPD procedure, and complications associated with these surgeries. The chapters are organised in regional basis and presented in an easy-to-understand format. This book will benefit all sports medicine physicians, orthopaedic surgeons and trainees, physiotherapists, and all clinicians involved in treating joint diseases. The combination of the authors' shared experiences with facts and presentation of figures and photographs will help the reader in understanding the complex principles involved. This can be used as a text for an individual or a must have reference book for any medical library.

4 months post acl surgery exercises: Ligament Reconstructions L'hocine Yahia, 2021-04-12 The ACL or anterior cruciate ligament is the most important ligament in the knee. When it is completely torn, it can lead to instability or buckling of the knee. There are several options to choose from when selecting a graft for ACL reconstruction such as using autografts including patellar tendon, hamstring tendon, and quadriceps tendon, and allografts (also known as donor tissue or cadaver tissue). Artificial ligaments are also discussed since they are still used in Europe and Asia. This book summarizes the pros and cons of each graft option in detail.

4 months post acl surgery exercises: Knee Ligament Rehabilitation Todd S. Ellenbecker, 2000 This resource presents the scientific basis for the clinical application of nonoperative and postoperative rehabilitation of knee ligament injuries. It presents comprehensive coverage of the anatomy and biomechanics of the human knee and in-depth discussion of clinical evaluation, operative and nonoperative rehabilitation methods, and recommendations for specific treatment strategies.

4 months post acl surgery exercises: Skiing Trauma and Safety C. Daniel Mote, Robert J. Johnson, Peter S. Schaff, 1996

4 months post acl surgery exercises: Rotatory Knee Instability Volker Musahl, Jón Karlsson, Ryosuke Kuroda, Stefano Zaffagnini, 2016-09-27 This book is designed to equip the reader with the knowledge and tools required for provision of individualized ACL treatment based on the best available evidence. All major aspects of the assessment of rotatory knee instability are addressed in depth. A historical overview of arthrometers, both invasive and non-invasive, is provided, and newly developed devices for the measurement of rotatory knee laxity are considered. Recent advances with respect to the pivot shift test are explained and evidence offered to support a standardized pivot shift test and non-invasive quantification of the pivot shift. Specific surgical techniques for rotatory laxity are described, with presentation of the experience from several world-renowned centers. In addition, functional rehabilitation and "return to play" are discussed. In keeping with the emphasis on an individualized approach, the book highlights individualization of surgical reconstruction techniques in accordance with the specific injury pattern and grade of rotatory knee laxity as well as the use of individualized rehabilitation techniques. Numerous high-quality images illustrate key points and clear take-home messages are provided.

4 months post acl surgery exercises: The ACL Solution Robert G. Marx, MD, Grethe Myklebust, Brian W. Boyle, 2012-06-19 For many athletes, tearing the ACL is a devastating knee injury. In The ACL Solution, Dr. Robert G. Marx, orthopedic surgeon and world leading authority on ACL injury tells you everything you need to know about how to prevent it or recover if you are already injured. Close to 50 ACL-specific exercises are described by Dr. Myklebust, a physical therapist for the Norwegian national women's handball, soccer and volleyball teams, and a world-renowned expert on the science of ACL injury prevention. You'll learn how to better balance your body and strengthen the muscles around your knee to provide greater stability and endurance. Whether you're the parent of active children, a promising young athlete, a coach, or a 40-year-old who lives for his or her weekly basketball league, this book is a must read.

4 months post acl surgery exercises: Functional Testing in Human Performance Michael P. Reiman, Robert C. Manske, 2009 Functional Testing in Human Performance offers clinicians the first-ever compilation of information on clinical and data-based functional testing for sport, exercise, and occupational settings. This unique text serves as a primary resource for accurate assessment of individuals' functional abilities in order to develop program prescriptions to enhance their performance. Functional Testing in Human Performance is a comprehensive learning tool for novices and an essential reference for advanced clinicians. The text defines the role of function in physical performance and how it can be appropriately tested. Especially helpful for novices, the text explains testing criteria, testing terms relevant to research, and selecting the most appropriate test and testing sequence. Common testing mistakes are also presented as well as pitfalls to avoid when testing. The text also includes case studies that illustrate a variety of situations--including testing for a client recovering from a lower-extremity injury, discussing preseason testing for a large group of athletes, and presenting the study of a client in an occupational setting. These cases include detailed statistical analysis and normative data, offering clinicians the opportunity to consider the application of functional testing and implementation strategies adaptable to their specific practice setting. After laying a foundation, the text progresses to detailed testing procedures for discrete physical parameters and specific regions of the body. Tests are organized from least to most complex, and each test is presented in a step-by-step manner outlining the purpose of the test, equipment needed, testing procedure and recommendations for performing the test, interpretation of results, and the data to suggest normative values, reliability, and validity for each test. This formatting facilitates quick reference to testing information for on-the-spot use, whether in the clinic, athletic training room, gym, or job site. Throughout the text, the functional tests are accompanied by photos for visual clarity. To enhance understanding, a companion DVD features live-action demonstrations of 40 of the most advanced tests. Icons on those test pages indicate they are modeled on the DVD. In addition, the DVD may be loaded onto a computer to offer convenient print-on-demand access to reproducible forms for recording data from selected tests. Functional Testing in Human Performance offers a unique and comprehensive reference for assessment of physical activities in sport, recreation, work, and daily living. By presenting the theory and detailing the practice, this text assists clinicians in understanding and incorporating functional testing to identify their patients' or clients' limitations and enhance their performance, rehabilitation, and daily functioning.

4 months post acl surgery exercises: *The Diagnosis and Management of Soft Tissue Knee Injuries* New Zealand Guidelines Group, Accident Compensation Corporation (N.Z.), 2003-01-01 The purpose of the guideline is to provide an evidence-based summary of the diagnostic management and treatment options available for internal derangements of the knee to assist health practitioners and consumers make informed decisions to improve health outcomes.

4 months post acl surgery exercises: Rehabilitation for the Postsurgical Orthopedic Patient Lisa Maxey, Jim Magnusson, 2013-01-22 With detailed descriptions of orthopedic surgeries, Rehabilitation for the Postsurgical Orthopedic Patient, 3rd Edition provides current, evidence-based guidelines to designing effective rehabilitation strategies. Coverage of each condition includes an overview of the orthopedic patient's entire course of treatment from pre- to post-surgery. For each phase of rehabilitation, this book describes the postoperative timeline, the goals, potential complications and precautions, and appropriate therapeutic procedures. New to this edition are a full-color design and new chapters on disc replacement, cartilage replacement, hallux valgus, and transitioning the running athlete. Edited by Lisa Maxey and Jim Magnusson, and with chapters written by both surgeons and physical therapists, Rehabilitation for the Postsurgical Orthopedic Patient provides valuable insights into the use of physical therapy in the rehabilitation process. Comprehensive, evidence-based coverage provides an overview of the orthopedic patient's entire course of treatment from pre- to post-surgery, including a detailed look at the surgical procedures and therapy guidelines that can be used to design the appropriate rehabilitation programs. Case study vignettes with critical thinking questions help you develop critical reasoning skills. Indications and considerations for surgery describe the mechanics of the injury and the repair process so you

can plan an effective rehabilitation program. Therapy guidelines cover each phase of rehabilitation with specifics as to the expected time span and goals for each phase. Evidence-based coverage includes the latest clinical research to support treatment decisions. Overview of soft tissue and bone healing considerations after surgery helps you understand the rationale behind the timelines for the various physical therapy guidelines. A Troubleshooting section in each chapter details potential pitfalls in the recovery from each procedure. Over 300 photos and line drawings depict concepts, procedures, and rehabilitation. Detailed tables break down therapy guidelines and treatment options for quick reference. Expert contributors include surgeons describing the indications and considerations for surgery as well as the surgery itself, and physical or occupational therapists discussing therapy guidelines. New coverage of current orthopedic surgeries and rehabilitation includes topics such as disc replacement, cartilage replacement, hallux valgus, and transitioning the running athlete. New full-color design and illustrations visually reinforce the content. Updated Suggested Home Maintenance boxes in every chapter provide guidance for patients returning home. References linked to MEDLINE abstracts make it easy to access evidence-based information for better clinical decision-making.

4 months post acl surgery exercises: Move Without Pain Martha Peterson, 2012-01-03 A pain relief expert provides a gentle workout to relax and release tight muscles and help you move through the world more comfortably. Unlearn the psychic and physical responses to stress that cause discomfort—in less than 15 minutes a day! These safe, easy, natural movements will relax and release chronically tight muscles, resulting in a more efficient, coordinated, and pain-free body. Discover a gentle workout that can be done anywhere, anytime—at any age. Includes: Movements to help ease pain in your back, neck, hips, and other areas Facts on how the brain interacts with your musculoskeletal system Tips on developing body awareness and changing bad posture habits Photos illustrating postures and exercises and more “This book shows us how to regain the ease and freedom of movement of our youth.” —C. William Hanson III, MD, Professor of Critical Care, University of Pennsylvania

4 months post acl surgery exercises: That's Gotta Hurt Dr. David Geier, 2017-06-06 In *That's Gotta Hurt*, the orthopaedist David Geier shows how sports medicine has had a greater impact on the sports we watch and play than any technique or concept in coaching or training. Injuries among professional and college athletes have forced orthopaedic surgeons and other healthcare providers to develop new surgeries, treatments, rehabilitation techniques, and prevention strategies. In response to these injuries, sports themselves have radically changed their rules, mandated new equipment, and adopted new procedures to protect their players. Parents now openly question the safety of these sports for their children and look for ways to prevent the injuries they see among the pros. The influence that sports medicine has had in effecting those changes and improving both the performance and the health of the athletes has been remarkable. Through the stories of a dozen athletes whose injuries and recovery advanced the field (including Joan Benoit, Michael Jordan, Brandi Chastain, and Tommy John), Dr. Geier explains how sports medicine makes sports safer for the pros, amateurs, student-athletes, and weekend warriors alike. *That's Gotta Hurt* is a fascinating and important book for all athletes, coaches, and sports fans.

4 months post acl surgery exercises: Knee Surgery Daniel Fulham O'Neill, 2008-12-09 In this age of same-day surgery and do-it-yourself health, *Knee Surgery* presents an easy-to-do, well-illustrated program of movement for knee rehabilitation - with a special focus on the mind/body connection - and describes the physical and mental rehabilitation process in complete detail, providing all the guidance you need to decrease pain and increase fitness after knee surgery. Millions of people have knee surgery each year, and in the years to come millions more will head to the O.R. Chances are, you or someone you know has had or will undergo knee surgery. Busy doctors, therapists, and athletic trainers have limited time to spend on quality physical and mental rehabilitation education, yet this is the key to full recovery. Written by renowned knee surgeon and Sport Psychologist Daniel F. O'Neill, M.D., Ed.D., this comprehensive and accessible guide presents what you'll want and need the most after knee surgery: a scientifically-based recovery program you

can understand that will get you back to work and sports as quickly as possible.

4 months post acl surgery exercises: The Multiple Ligament Injured Knee Gregory C. Fanelli, 2012-08-16 The Multiple Ligament Injured Knee: A Practical Guide to Management includes the most developed knowledge needed to successfully diagnose and treat knee ligament injuries. This thorough work presents anterior and posterior cruciate and collateral ligament anatomy and biomechanics along with non-invasive methods for diagnosing the extent of injury, such as radiographic and arthroscopic evaluation. Various injuries are discussed in addition to useful treatment techniques, including arthroscopic reconstruction, posterolateral and posteromedial corner injury and treatment, assessment and treatment of vascular injuries, assessment and treatment of nerve injuries, rehabilitation, and post-operative results. Each of these clearly written chapters is accompanied by a wealth of line drawings and photographs that demonstrate both the surgical and non-surgical approaches to examination and treatment.

4 months post acl surgery exercises: ACL Injuries in Female Athletes Robin West, Brandon Bryant, 2018-12-07 This easy-to-read reference presents a succinct overview of clinically-focused topics covering the prevention, treatment, and rehabilitation of ACL injuries in the female athlete. Written by two professional team physicians, it provides practical, focused information for orthopaedic and sports medicine surgeons and physicians. - Covers ACL injury risk factors and prevention, including biomechanics, biology, and anatomy of the female athlete. - Discusses graft choices, the biology of healing, rehabilitation and return to play, future options for treatment, and more. - Addresses special considerations such as pediatric ACL and revision ACL. - Consolidates today's available information and experience in this timely area into one convenient resource.

4 months post acl surgery exercises: The Meniscus Philippe Beaufils, René Verdonk, 2010-04-28 This guide focuses on the normal meniscal mechanism, body and function. Meniscal pathology and therapy are depicted in detail, followed by a presentation of long-term experience of meniscal transplantation and a look into the future of meniscal surgery.

4 months post acl surgery exercises: Techniques in ACL Surgery Sachin Tapasvi, 2018-07-31 ACL surgery involves the repair or reconstruction of the anterior cruciate ligament in the knee. The procedure is usually performed by arthroscopic surgery. This book is a comprehensive guide to ACL surgery for practising orthopaedic surgeons. Comprising 34 chapters, the text covers the latest advances and explains all the different techniques. 'Pearls and pitfalls' of each technique are described in depth. The book includes discussion on improving outcomes, rehabilitation, prevention of degenerative changes, elimination of laxity, and patient satisfaction. The text is highly illustrated with clinical photographs, diagrams and tables, and each topic features 'tips and tricks' from expert surgeons. Key points Comprehensive guide to anterior cruciate ligament (ACL) knee surgery for orthopaedic surgeons Explains latest advances and techniques with 'pearls and pitfalls' Includes discussion on improving outcomes and rehabilitation Highly illustrated with clinical photographs, diagrams and tables

4 months post acl surgery exercises: Arthroscopic Meniscal Repair W. Dilworth Cannon, Steven P. Arnoczky, 1999 Discover how proper preparation, technique, and new suturing tools can make this demanding procedure faster and easier. Begin with the basic science of meniscal repair. Then study the leading surgical alternatives. Your expert contributors address the results as well as the complications of each technique.

4 months post acl surgery exercises: Physical Rehabilitation of the Injured Athlete Gary L. Harrelson, 2004 Represents collaboration among orthopaedists, physical trainers, and athletic trainers. It reviews the rehabilitation needs for all types of sports injuries, stressing the treatment of the entire kinetic chain with various exercises. Chapters have been extensively revised, featuring new concepts and techniques. The 3rd edition includes four new chapters (Proprioception and Neuromuscular Control; Cervical Spine Rehabilitation; Functional Training and Advanced Rehabilitation; and Plyometrics), new contributors and new features, such as summary boxes and tables.

4 months post acl surgery exercises: Science and Application of High-Intensity Interval

Training Laursen, Paul, Buchheit, Martin, 2019 The popularity of high-intensity interval training (HIIT), which consists primarily of repeated bursts of high-intensity exercise, continues to soar because its effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts. Surprisingly, few resources have attempted to explain both the science behind the HIIT movement and its sport-specific application to athlete training. That's why Science and Application of High-Intensity Interval Training is a must-have resource for sport coaches, strength and conditioning professionals, personal trainers, and exercise physiologists, as well as for researchers and sport scientists who study high-intensity interval training.

4 months post acl surgery exercises: Heal Your Knees Robert L. Klapper, Lynda Huey, 2004-07-25 Put an end to knee pain! An esteemed surgeon and a water therapy expert team up to tell you the essentials about your knees, how to get them back into shape, and how to prevent further pain and injury. Through careful explanation, they examine each part of the healing process—from basic function to long-term exercises—guiding you to a pain-free life. With detailed information on a variety of healing options, you will learn how to make the right decisions for your knees, understand when and why surgery is appropriate, and how simple exercise in your living room and in the pool can speed the post-surgical healing process.

4 months post acl surgery exercises: Insall & Scott Surgery of the Knee E-Book W. Norman Scott, 2017-02-10 Insall & Scott Surgery of the Knee by Dr. W. Norman Scott remains the definitive choice for guidance on the most effective approaches for the diagnosis and management of the entire scope of knee disorders. This edition reflects a complete content overhaul, with more than 50 new chapters and over 400 contributors from around the world. The video program includes 70 new video clips, while new and expanded material covers a range of hot topics, including same-day surgery and hospital management of knee arthroplasty patients and anesthesia specific for knee surgery. - Extensive visual elements and video program include nearly 70 new videos -- over 230 in total - as well as a Glossary of Implants featuring 160 demonstrative pictures. - Over 50 new chapters and brand-new sections on Same Day Surgery and Hospital Management of Knee Arthroplasty Patients; Quality and Payment Paradigms for TKA; Anesthesia Specific for Knee Surgery; and Preoperative Assessment, Perioperative Management, and Postoperative Pain Control. - An expanded Adult Reconstruction Section informs readers about Enhanced Primary Revision and the treatment of Peri-prosthetic fractures in TKA. - Includes enhanced worldwide approaches for all aspects of disorders of the knee from nearly 400 contributors worldwide. - Boasts updated pediatric knee considerations and updated tumor surgery principles for the treatment of tumors about the knee. - Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, images, videos (including video updates), glossary, and references from the book on a variety of devices.

4 months post acl surgery exercises: Classic Papers in Orthopaedics Paul A. Banaszkiewicz, Deary F. Kader, 2014-01-10 Orthopedic experts in their field have carefully chosen what they consider to be the key papers in their respective domains. Every paper is carefully described and evaluated by its strengths, weaknesses and its contribution to the field. Papers have been chosen by number of citations, academic importance, articles that have changed our whole way of thinking or that have simply stood the test of time.

4 months post acl surgery exercises: Rehabilitation for the Postsurgical Orthopedic Patient Lisa Maxey, Jim Magnusson, 2006-12-07 This is a Pageburst digital textbook; the product description may vary from the print textbook. This text provides the physical therapist with the information they need to know about specific orthopedic surgeries and the rehabilitation techniques. Each chapter presents the indications and considerations for surgery; a detailed look at the surgical procedure, including the surgeon's perspective regarding rehabilitation concerns; and therapy guidelines to use in designing the rehabilitation program. In addition to including descriptions of each surgery, this book provides rehabilitation protocols for each surgery along with ways to trouble shoot within various patient populations (i.e. geriatric, athletic, pediatric, etc.). Unlike the more general orthopedic books, this book provides specific clinical information about individual

orthopedic surgeries along with a chapter on soft tissue healing. Each chapter is written by an MD and PT or OT providing both surgical and rehabilitation information. Includes the latest, evidence-based therapy guidelines to help therapists design the most effective rehab programs for their patients. Every chapter includes case study vignettes with critical thinking questions to encourage students to use clinical reasoning. Provides detailed tables that break down therapy guidelines with rehab phases to give a quick resource to rehabilitation and therapy plans. Includes the indications and considerations of specific surgical procedures to demonstrate why surgery should or should not be considered. Describes surgeries in detail to give therapists a clear understanding of the surgical procedures used for various injuries and disorders so they can fashion the appropriate rehabilitation program. Includes coverage of commonly accepted therapy guidelines to allow therapists to design a home therapy program as well as what's needed immediately post surgery. Suggested Home Maintenance boxes, included in every chapter, provide guidance for the patient once they return home. Emphasizes the unique needs of the individual patient with suggested home maintenance guidelines and the entire treatment plan broken out by phase for every chapter. Over 300 photos and line drawings provide invaluable teaching tools for instructors and references to the practitioners. Content provided by well-known contributors from around the country. Four new chapters: Pathogenesis of Soft Tissue and Bone Repair, Total Shoulder Replacement, Surgery and Rehabilitation for Primary Flexor Tendon Repair in the Digit, and Cervical Spine Fusion. Includes new information within the appendices on transitioning the running and jumping athlete (e.g. basketball player) back to court and the mini invasive anterior approach to total hip replacement. New authors and editors bring fresh perspective to the topics covered in the text. Each chapter is thoroughly revised with the most current information available on orthopedic surgeries and therapy. Evaluations and guidelines are designed more specifically to the surgical diagnoses for the postsurgical patient. Companion CD-ROM includes the suggested home maintenance boxes in a printable and editable form as well as anatomical and surgical animations on important procedures and anatomical areas.

4 months post acl surgery exercises: The Patellofemoral Joint James M. Fox, Wilson Del Pizzo, 1993

4 months post acl surgery exercises: The Comprehensive Manual of Therapeutic Exercises Elizabeth Bryan, 2024-06-01 Therapeutic exercises can be found spread out amongst numerous texts, handouts, card boxes, and websites, which has sent clinicians, practitioners, and trainers searching for reliable, evidence-based exercises for the entire body, all packaged into a single, all-inclusive manual. To that end, The Comprehensive Manual of Therapeutic Exercises: Orthopedic and General Conditions was written as a fundamental resource on exercise theory and techniques, and as a comprehensive guide for designing exercise programs. Dr. Elizabeth Bryan has compiled thousands of clinically relevant exercises to create a text that will teach students theory and proper application that they will then return to again and again in their career as a reference to aid in designing evidence-based exercise programs for their clients or patients. Introductory chapters cover exercise parameters, exercise progression, the importance of form, muscle soreness, and a reference for body position terminology, then subsequent chapters are organized by body area to cover most of the clinical exercises in use today. Each exercise includes photographs, a list of muscle systems that will be affected, specific substitutions to look for, and detailed instructions directed at students and clinicians. Also included are sections devoted to protocols and specialty exercises including yoga and tai chi. Embracing the principles of evidence-based practice, "Where's the Evidence?" boxes are prominently featured throughout the text to support the exercises and theory with up-to-date, relevant, sufficient, valid, and reliable studies. Combining theory with practice, The Comprehensive Manual of Therapeutic Exercises: Orthopedic and General Conditions is an essential tool for students as well as clinicians, practitioners, or trainers to find the most appropriate exercises for their client's or patient's needs and apply them properly.

Additional Resources

ACL RECONSTRUCTION RECOVERY & REHABILITATION ...

Several months of formal Physical Therapy and a devoted home exercise program are essential in order to achieve a good outcome for your knee. Please give a copy of this ACL ...

ACL Reconstruction Post-operative Rehabilitation Protocol

Phase 4: 4-6 months post -op Goals Symmetric performance of basic and sport specific agility drills Single hop and 3 hop tests 85% of uninvolved lower extremity (STEP and LEAP testing ...

Altru Advanced Orthopedic ACL Rehabilitation Protocol

- NWB 2-4 weeks with crutches
- No weight-bearing activities in treatment for 4 weeks
- Restrict motion to sagittal plane until weeks 4-6 to allow MCL healing
- Perform exercises with tibia in ...

Guide to ACL Reconstruction Rehabilitation - MATTHEW ...

PHASE 5 - PLYOMETRICS AND AGILITY (month 4 post-op) GOALS: Continue strengthening; start plyometric and agility training in anticipation for returning to sports and functional training. ...

ACL exercises after 4-month post-op isokinetic tests - CHUV

During the various exercises you will find in this document, you will mainly use concentric and eccentric contractions. For each exercises, your physio will specify which mode you should ...

REHABILITATION GUIDELINES FOR ACL REPAIR - Mammoth ...

- 4-way hip and ankle exercises including calf pumps
- Initiate proprioceptive/balance exercises to include single leg stance, weight shifts forward, retro, lateral

ACL Rehabilitation Protocol - Mr. Breandán Long FRCSI FFSEM

Your jumping program, drills, and exercises are designed to add speed to a drill to develop an explosive, reactive movement. Speed combined with strength results in POWER! Jumping ...

REHABILITATION FOLLOWING ACL RECONSTRUCTION WITH ...

- Deep squatting permitted at 5 months
- Initiate straight line running: 4 months
- Initiate pivoting and cutting: 5 months
- Initiate agility training: 6 months

Exercises to do after your ACL reconstruction surgery

Exercises to do after your ACL reconstruction surgery Complete these exercises three to four times a day from the day of your operation. 1. Static quads with a small towel 2. Static quads ...

Return-to-Sport after ACL Revision Reconstruction Protocol

- Exercises: (Continue/progress all exercises from previous phases as tolerance/as needed) o Progress exercises in intensity and duration o Light isotonic hamstring exercises begun 7-8 ...

POST OPERATIVE ACL RECONSTRUCTION REHAB GUIDELINES ...

Exercises/Strengthening: 1. ROM/flexibility exercises 2. Closed kinetic chain quad strengthening - wall sits, mini squats, leg press 3. Stationary bike - progress time and resistance as tolerated ...

Physiotherapy after ACL reconstruction - King's College Hospital

This leaflet is a general guide to rehabilitation after surgery to reconstruct your anterior cruciate

ligament (ACL). It gives you advice and information to help you get the best results from your ...

ACL Rehabilitation Protocol - Mark Clatworthy

Pre op ACL Exercises Following an ACL injury you will lose some muscle mass around your knee and lose some motion (knee bend). Following your surgery there will be further muscle and ...

Functional Activities ANTERIOR CRUCIATE LIGAMENT (ACL) ...

- Progress to 'sports-specific' exercises, including side-steps, push-offs, ball kicking, jumps and landings, etc. Return to sport should only be contemplated after the following: 1) a minimum of ...

REHABILITATION GUIDELINES AFTER ACL RECONSTRUCTION

Therapeutic Exercises • SLR in all planes (use brace locked in extension initially until quad strength is good enough to prevent an extension lag) • Heel slides, calf pumps, quadriceps ...

ACL Reconstruction - Sanford Health

• Progression to running program at 4 months based on Level 1 Return to Play testing, physician preference, and demonstrating adequate symmetry and shock absorption with running ...

ACL Reconstruction Rehabilitation Protocol - Dr. Millett

isometrics exercises, straight leg raises, and range of motion exercises should be started immediately. Full extension is obtained by doing the following exercises: 1) Passive knee ...

ACL REHABILITATION PROTOCOL - Dr Justin Roe

In the acute period after ACL reconstruction the knee needs some time to recover from the acute trauma of surgery. Basic gentle exercises, regular application of ice and elevation of the knee ...

Advice and exercises after anterior cruciate ligament surgery ...

• increase your exercise and activity with task based goals over the months after surgery e.g. walking without crutches, going up/ down stairs normally. • help you to achieve your overall ...

Agility Drills - Months 4 - 5 - Emory Healthcare

Agility Drills - Months 4 - 5 FOUR (4) CORNERS Set-up Procedures: 1. Using four cones, separate each cone by 10 yards. 2. Begin at cone one (1) and finish the drill through cone (1). 3. Example ...

Referral for Rehabilitation Services - Emory Healthcare

ACL Reconstruction: Hamstring and Bone-Patella Bone Autografts Weeks 4-6 Begin: _____ **DO NOT PUSH FLEXION PAST 90 DEGREES FOR THE FIRST SIX WEEKS! Goals: 1. ROM 0-120 as tolerated ...

Referral for Rehabilitation Services - Emory Healthcare

Exercises: 1. Continue with post-op program, add weight to SLR if no extension lag 2. Add bike for ROM, strength, and cardio benefit; pedal as tolerated 3. 4-way hip machine, initiate closed ...

Referral for Rehabilitation Services - Emory Healthcare

ACL Reconstruction: Hamstring and Bone-Patella Bone Autografts Weeks 7-12 Begin: _____ Goals: 1. Full ROM 2. Swelling < 1-2 cm at midpatella 3. Prevent patella femoral pain with exercises Test: 1. ...

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Physician Referral Form

the time of consultation, and a surgery date will then be scheduled. Many insurance companies

require a written referral from the primary care physician. Please make sure we receive the ...

Common Injuries 2019 - Emory Healthcare

Case 4 15 year-old male soccer player 2 month history of midline low back pain that radiates slightly to the right No radiating pain into the legs Does not recall a specific injury Has progressed over ...

[View Only Access - Emory Healthcare](#)

EDH/EHH/ELTAC 4 Viewing Results 1. After clicking on the results tab, you can view the results report by double clicking on the flags within the grid. Radiology results display yellow flags and ...

[Sitecore Change Management Documentation - Emory ...](#)

4.0 Aesthetic Center The migration of emoryhealthcare.org onto Sitecore XM provides the opportunity for Emory Healthcare to establish standards across the website to prevent pages ...

Hernia - Emory Healthcare

Hernias in adults do not resolve on their own and may require surgery to correct. There are multiple approaches to fixing hernias including open, laparoscopic and robotic surgery.

[4 Months Post Acl Surgery Exercises](#)

4 Months Post Acl Surgery Exercises

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