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HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

HOW PT CAN HELP AFTER *ACL SURGERY*



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HOW PT 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 Atrium Physical Therapy, our physical therapists are experts at ACL rehabilitation. We can guide you through the necessary steps to resume your normal activities and 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 Atrium 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 Atrium 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 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.

Continued inside.

WE ARE HERE TO HELP YOU HEAL!

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 Atrium 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 today to schedule an appointment with our team!



CALL 1.575.888.2806 OR VISIT WWW.ATRIUMPT.COM FOR MORE INFO



Try This Seasonal Recipe

Easy Mango Protein Smoothie

INGREDIENTS:

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

INSTRUCTIONS:

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

MEET MONIQUE MONTOYA



Monique is one of our Client Service Representatives here at Atrium and has been with us for a little over 2 years now. She has lived in New Mexico her whole life and enjoyed raising her kids here as well. She also is an NMSU alumnus. "I enjoy spending time with my mother, brother and kids. I love to go to the movies, camping, hiking and reading a really good book. At Atrium, I love being able to talk to our patients and get to know each one of them. I strive to make our patients' day better by listening and connecting with them from the time they walk in our door and throughout their treatment with us. I look forward to meeting you and making your time with Atrium Physical Therapy a pleasant experience."

PATIENT SUCCESS

"The staff are great, knowledgeable, patient and kind."

The staff are great, knowledgeable, patient and kind. They make sure the client knows what he/she is doing, why they are doing it, and how to do it properly. They pay close attention to each person. They sincerely want the best results for the people attending their facility. I can recommend them unconditionally. -Margaret C.

Help us help more people in our community by sharing your experience with Atrium Physical Therapy!



CORE VALUES



DONATIONS NEEDED

Atrium Physical Therapy will be distributing care packages to the unsheltered on a quarterly basis throughout 2023.

We are collecting donations of the following items:

(Travel Sizes)

- Hand Sanitizer
- Shampoo/Conditioner
- Wet Wipes
- Deodorant
- Toothbrushes
- Toothpaste
- Sunscreen
- Feminine Hygiene Products
- Chapstick/Vaseline
- Snack Bars/Granola Bars/Protein Bars
- Socks
- Gloves
- Bottled Water
- Gallon Ziplock Bags
- Small Blankets

There will be a bin available for donations at Atrium Physical Therapy in the lobby.

HAS YOUR PAIN COME BACK? COME BACK TO PT!

Keep up with your physical therapy exercises to relieve pain and prevent further injuries.

If your pain doesn't subside, consult with your therapist about what other things might be causing pain.

Call Atrium Physical Therapy to schedule a complimentary 'discovery visit'. We will spend some time with you to determine if physical therapy might be part of your recovery.

 1.575.888.2806

