

Title:

ACL Rehab For Active Adults - The First 2 Weeks

Word Count:

607

Summary:

This article describes the steps that an active adult can take in the 2 week period following

Keywords:

ACL Reconstruction, Rehab

Article Body:

Going through ACL Reconstruction surgery is not easy for anyone. The pain, discomfort, swelling

This especially holds true for the active adult who chooses to or needs to have ACL Reconstruc

The first month after surgery is difficult - you are largely confined to a bed except for hygi

1. Prior to surgery, prepare the area where you will be resting after the surgery. Try to gath

2. If you have young children, prepare them for the fact that you are going to be immobile for

3. Take it easy for the period right after surgery and before your first physical therapy sess

4. Take your meds as instructed by your doctor! Your doctor has given them to you for a reason

5. Ice, ice, ice, ice and ice. Along with your medications, ice will help reduce inflammation,

6. Ask for help. You could probably go through the recovery process on your own, but rely on t

7. Ask your doctor if a stool softener would be appropriate during your recovery period. Some

8. Stay hydrated. You may not feel like drinking water, but make sure to not deprive your body

9. Request that the limited area within your dwelling that you will be moving through be kept

If you follow your doctor's orders, be diligent about treating yourself right during your post

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