

Title:

ACL Rehabilitation For Active Adults - The Start of Physical Therapy

Word Count:

736

Summary:

The beginning of physical therapy signals the first true step (pun intended) to recovery - it

Keywords:

ACL Reconstruction, Rehab, Physical Therapy

Article Body:

The 1st 2 weeks of recovery from ACL Reconstruction are a very sedentary period - there is much

The start of therapy will be exciting, at times grueling and quite possibly scary to go into.

As you are about to enter your first therapy sessions, keep the following points in mind:

1. You need to trust yourself. You are soon going to be asking your newly repaired leg to do
2. You need to trust your physical therapist. They are going to be asking you to do the acti
3. Concentrate on your form while you perform your exercises, and ensure that you follow the
4. Make sure to ice and elevate your knee. Much like in the first 2 weeks, it will be import
5. Don't push yourself too hard. You may be tempted to overachieve, but it will be crucial t
6. Make sure to take your prescribed medications and over-the-counter medications as needed an
7. Do your home exercises between therapy sessions as instructed by your physical therapist.
8. Gauge the difference between good pain and bad pain. There will be times that you have fe
9. Similar to your post-op period, ask your doctor if a stool softener would be appropriate f
10. Continue maintaining your fluid intake.

Once you advance in your stretching and range-of-motion exercise, you will be able to move ont

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