

RIDE THE WAVE TO RECOVERY
NEWSLETTER

PACIFICPRO
PHYSICAL THERAPY & SPORTS MEDICINE



WHAT HAPPENS AFTER ACL SURGERY?

Find Out How Physical Therapy Can Help!

TREATING AND PREVENTING SPORTS INJURIES

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WHAT HAPPENS AFTER ACL SURGERY?

Find Out How Physical Therapy Can Help!

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? At PacificPro Physical Therapy, our physical therapists 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 physical therapist following an ACL injury and subsequent repair. This is a major surgery that can significantly affect your way of life. Fortunately, at PacificPro 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 PacificPro 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

Continued on next page.

NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

CLINIC NEWS

PacificPro Physical Therapy is excited to announce that we have expanded our Irvine location. Come check out our new additions at your next appointment!



Meet the Team Staff Highlight

**Chris Jensen,
PT, MPT, OCS**

Chris is a physical therapist specializing in orthopedics, with a special interest in endurance athletes as well as knee and shoulder injuries. He is Board Certified in Orthopedics and comes with a decade of experience in the outpatient orthopedic setting. When not at work, he can be found photographing landscapes, participating in a wide array of outdoor exercise and improving his surfing skills. He is also an avid runner, triathlete and golfer. This active lifestyle helps him relate to patients who are motivated to return to their previous level of function and beyond. Chris volunteers with organizations dedicated to assisting adaptive athletes and loves being a part of their goal achieving process.

EXERCISE TO TRY AT HOME

SQUAT



Stand with good posture, making sure your feet are shoulder width part. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.

Try this exercise to help relieve knee pain.

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KEEPING UP WITH YOUR PHYSICAL THERAPY THIS SUMMER

Continued from previous page.

rehabilitation after ACL surgery. Our team of physical therapists is 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.

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!

At PacificPro 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!



**Don't Let
an ACL Injury
Slow You Down**



PATIENT SUCCESS

We've Expanded In Irvine!

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New Location
NOW OPEN

Now in Tennessee

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TREATING AND PREVENTING SPORTS INJURIES

Exercise is an essential component of living a healthy lifestyle. For many people, sports are a fun way to burn calories, socialize, and get in shape. Unfortunately, sports injuries or recurrences of old injuries can sometimes be common side effects of an active lifestyle.

A sports injury does not require you to be a professional or even an amateur athlete. In fact, those who have just begun exercising or participating in sports on a recreational level are frequently the most vulnerable to sports injuries.

If you've been injured while participating in a sport, don't ignore your pain and hope it goes away on its own! It may worsen over time, keeping you out of the game for even longer. Allow a skilled physical or occupational therapist at our clinic to examine you and devise a treatment plan to alleviate your pain and discomfort, and prevent future injuries.

Most sports injuries occur when people are ill-prepared for physical activity and rush into it without first increasing their strength, endurance, and flexibility. To function properly, your muscles, tendons, ligaments, and other tissues must be warmed up. They are subjected to a great deal of strain while running and participating in sports.

As a result, if your muscles, tendons, and ligaments are not in peak condition, they are more vulnerable to injury. Sports injuries are injuries to the musculoskeletal system, which includes muscles, bones, and tissues like cartilage.

The following are the most common sports injuries:

SPRAINS: When the connective tissue that connects one end of the bone to another is stretched or torn, a sprain occurs. Sprains are caused by trauma, such as a fall or a blow to the body that causes a joint to move out of place. Sprains are most common in the ankles, knees, and wrists.

STRAINS: When a muscle or tendon is pulled, torn, or twisted, it causes a strain. Strains are non-contact injuries that occur as a result of overstretching. Muscle spasms are a common type of strain.

If you've sustained either of the above conditions, don't hesitate to contact a physical therapist. We can get you off the bench and back in the game this fall!



"I tore my ACL and worked with Chris Jensen. The service was wonderful and scheduling was never an issue. Everyone here was incredibly nice and supportive. I have worked with many people following my injury and would highly recommend PacificPro"

– Nicole S.

We want to hear your Success Story. Scan the QR code and leave us a review.



Thank you!

Are You In Pain?

Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

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PACIFICPRO

PHYSICAL THERAPY & SPORTS MEDICINE

We've Expanded In Irvine!

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Murrieta, CA 92563
951.417.8195

NEW Location in TN!

MURFREESBORO
2943 S. Church St. Suite D
Murfreesboro, TN 37127
615.962-8232

PacificPro is extending our services out East! One of our PTs, Mason Nebrija, recently moved to Murfreesboro, Tennessee where we have opened our newest clinic.

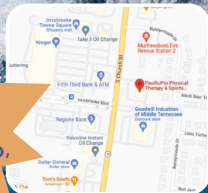
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