

# NEWSLETTER



## Make Kneeling and Bending Easy Again

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# Move Your Knee Freely Once Again, After ACL Surgery



Our knees do a lot of work throughout the day and we too often take them for granted. You never notice how complex and necessary our knee joints are for everyday movements until we sustain an injury that hinders their use.

The vast majority of functions you need to perform each day (whether it's getting out of bed, bending down to empty the dishwasher, crouching to tie your shoe, or simply going upstairs) are only possible when your knees can perform their full range of motion.

Your patella (kneecap) is designed to glide up and down within the thigh bone groove. If even a minor injury prevents that from happening, the resulting friction causes a buildup of debris, leading to inflammation, pain, and crucial loss of function.

That's why it is so important to seek the help of a physical therapist following an ACL repair. This is a major surgery that can greatly affect the way your knees move. Fortunately, our licensed and experienced

physical therapists at Achieve Therapy and Fitness can help you move freely once again!

**What can I expect after my ACL surgery?** When the anterior cruciate ligament (ACL) tears, it typically happens from a sudden stop, twist, or change in motion. This may make you feel as if you can't put any weight on your legs at all.

Because this is a ligament that is crucial to knee movement, post-surgical rehabilitation is typically a lengthy process – requiring approximately 6-9 months of extensive physical therapy and hard work.

We understand that this can be physically, mentally, and emotionally challenging on an athlete. There are a lot of ups and downs to the rehab process - you go from being a star athlete to sitting on the sidelines for as long as a year.

(Continued inside..)

**Want to find out how Physical Therapy can help you? Call us at 866.320.3562 or visit [achieve-therapy.com](http://achieve-therapy.com) today!**

# Physical Therapy & Recovery

However, at Achieve Therapy and Fitness, we will work hard to make your rehabilitation process as smooth as possible, so you can get back to playing the sport you love. In order to achieve this, some important aspects of your treatment plan will include:

- Strength training
- Balance
- Body awareness
- Leg symmetry
- Jumping and landing techniques

This is all done to make sure that you are performing optimally and not compensating. Our mission is to provide the proper techniques and resources to you so you can get back to the game with regained function and a significantly decreased risk of sustaining another injury.



**Getting started on a post-surgical treatment plan:** There are some intimidating statistics regarding ACL injuries - according to the National Institutes of Health, it is estimated that approximately 350,000 ACL reconstructions are performed annually across the nation. Despite surgical repair, those who sustained an ACL injury in need of correction are 79% more likely to develop knee osteoarthritis in the future and 20% more likely to suffer a re-injury within 2 years of their procedure. In addition, athletes may not be able to return to their sport with the same level of play, and they may struggle with confidence issues or fear of re-injury when they return.

Post-surgical rehabilitation can help decrease these statistics. Our trained professionals will determine what your knee's current range of motion is, along with the location and nature of the pain, swelling, or stiffness you're experiencing from your ACL repair.

Hands-on care to restore ROM and decrease swelling are the key to speeding up your recovery time. During your physical therapy sessions, you'll begin restoring the crucial fluid circulation in knee joints, which ensures optimum natural joint movement. PT builds strength in the muscles surrounding your knees, providing long-term support for the complex joint system, and decreasing the risk of sustaining another injury in the future.

At Achieve Therapy and Fitness, 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 in order to prevent further pain or injury. Don't let your 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.

## Exercise of the Month

Try these movements if you are experiencing aches & pains

### Strengthen Legs

#### SPLIT SQUAT ELEVATED (DUMBBELLS)

*Try this exercise to strengthen your legs for running.*

Position your back foot elevated on a box, bench, or chair. Stand tall with your core tight. Make sure most of your weight is going through the heel of your front foot. Lower your back knee straight towards the ground. Push back up through your heel, making sure your back does not extend backward. Perform 5 sets of 5 repetitions for each leg.



# Staff Spotlight



**My name is:** Beth Ness  
**I was born in:** Mayville, ND  
**But now I live:** Thompson, ND  
**The best part about my job is:**  
Helping people become stronger and healthier  
**I'm inspired by:** The people who believe in me  
**My best kept secret is:** I don't really think I have one...  
**I collect:** Antique pottery  
**I never leave the house without:**  
My contacts or eyeglasses

**If I could live in any decade it would be:** The 1950's  
**Because:** Post war time with significant development, but a simple life for people

**The person I'd love to meet (dead or alive) is:** Lucille Ball

**Because:** I find her absolutely hilarious! I love her old movies

**If I could wear only 1 color it would be:** Black

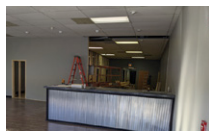
**On Sunday afternoon, I like to:** Relax and listen to music or play the piano

**If I were stranded on a desert island, I'd take these 3 things:** Diet coke, chap stick and a watermelon

**I love:** My family, my friends and my animals

# Clinic News

## Coming in February!



LET THE SUNSHINE IN...



OUT WITH THE OLD...



FUTURE TREATMENT ROOMS



ORIGINAL SPACE - FUTURE TREATMENT AREA

Exciting things are happening in our Park River & Graton locations. Our Park River location is making a move to a larger space and we will be adding group exercise classes to both Park River and Graton. Our new digs in Park River should be ready by mid-February and we can't be more excited. Follow us on Facebook, Instagram or Twitter for updates, and check out our website for class details.

[www.achieve-therapy.com](http://www.achieve-therapy.com)

# Healthy Recipe

## GARLIC BUTTER MEATBALLS WITH ZUCCHINI PASTA

### Ingredients

- 1/2 lb ground turkey meat
- 1/2 lb ground pork meat (optional)
- 1/2 cup shredded cheese
- 1 crumbled bouillon cube (optional)
- 1 tbsp hot sauce
- 1 cup fresh chopped cilantro, divided
- 4 cloves garlic, grated + 2 cloves garlic, minced
- 1 tsp Italian seasoning
- 1/2 tsp red crushed chili pepper flakes (optional)
- 3 tbsp butter
- 4 medium zucchini, spiralized
- lemon juice
- salt (to taste)
- black pepper (to taste)

### Directions

**For turkey meatballs:** Combine ground turkey and ground pork, cheese, grated garlic, Italian seasoning, bouillon cube, red chili pepper flakes, chopped cilantro and black pepper in a bowl. Mix well with your hands or fork to form medium balls. Arrange the turkey meatballs on a plate and set aside. Melt 2 tbsp butter in a large skillet over medium-low heat. Cook the turkey meatballs for 8-10 min on all sides until cooked through. While cooking, baste the meatballs with the mix of butter and juices. Remove to a clean plate and set aside.

**For zucchini noodles:** In the same skillet, melt remaining 1 tbsp of butter; then add lemon juice, hot sauce, minced garlic, and red pepper flakes. Add zucchini noodles and cook for 3-4 min, stirring regularly, until zucchini is done but still crisp and juices have reduced a bit. Adjust seasoning with salt and pepper and garnish with more cilantro or parsley. Push zucchini on one side of the skillet and add the turkey meatballs back to the pan and reheat for about a minute. Serve the garlic butter turkey meatballs with lemon zucchini noodles immediately with a lemon slice on the side.

