

ACL injury Rehabilitation

Prof. Navaneeth A T

Father Muller College Of Allied Health Sciences, India

Abstract

Quad sets, straight-leg raises, and heel slides are common exercises used after an ACL injury. As symptoms decrease and you are able to bear weight, side-lying leg lifts, glute sets, bridges, mini-squats, heel raises, and prone hamstring curls might be added. About two weeks after surgery, you will be able to start putting some weight on your knee. Your doctor will probably fit you for a knee brace to wear for a few weeks. You will also begin physical therapy between two and four weeks after surgery.

Biography

I am an Indian Physical Therapist who is passionate about sports injury management and prevention. After my masters in Musculoskeletal and sports physical therapy, I worked with Indian National Basketball team and have 3+ years of experience in teaching and on-field Sports and Injury management using team-based and problem-based teaching methodologies. My experience working as a Sports Physical Therapist for Cricket teams, Kabaddi tournaments, basketball teams and collegiate level soccer team taught me resilience, and helped me develop a highly adaptable attitude on-field rehabilitation. I am a good team player with great resourcefulness regarding Sports Injury Rehabilitation. My flexibility and conflict management skills have been developed over a period of time handling challenging clinical cases and 3+ years of working with graduate and post-graduate students teaching and mentoring them.

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