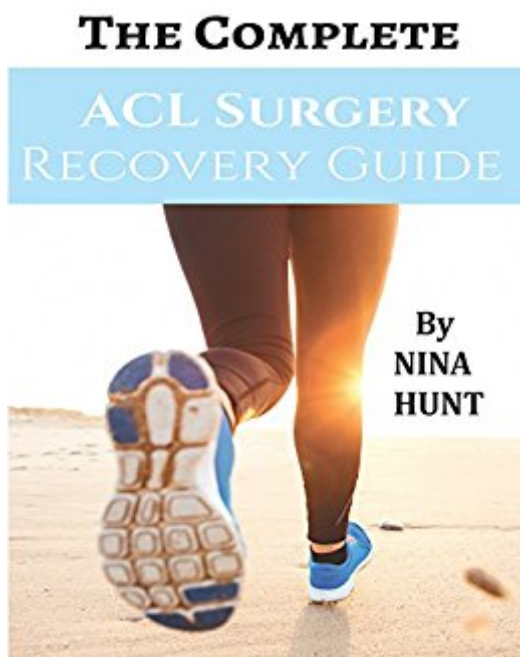


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The Complete ACL Surgery Recovery Guide



Synopsis

A complete guide to recovering from ACL surgery, including weekly exercise and rehabilitation regimens and advice. This 110 page guide was created to help everyone - Adults, Kids, Athletes, and Non-Athletes - recovering from ACL surgery. After reading this guide, you will have a better understanding of what to expect, including surgery options, graft options, costs & insurance, physical therapy appointments, and a detailed timeline for recovery. The book is broken up into 3 parts: Pre-Surgery: Steps to take after tearing your ACL Questions to ask your surgeon Steps to take pre-surgery Preparing for surgery What to expect on the day of surgery Surgery & Recovery: What to expect post-surgery Weekly breakdown of recovery process Weekly physical therapy Exercises through month 7 Index of Exercises: Pre-surgery rehab exercises Post-surgery exercises in addition to physical therapy Stability exercises Yoga videos for post-surgery recovery Positive recovery information proven by research All information is documented as the authors first-hand experience, so the reader will be able to follow along week-by-week as if the author were going through the recovery with them. The information is organized in a way that is easy to read and follow along, from the moment an ACL is torn, all the way to 3 years post-surgery. The information provided is meant to be an example of recovery, so anyone going through the surgery will know what to expect and how to prepare for it. This e-book is a progression of exercises used and documented from the authors personal knee surgery recovery, which was done under the supervision of a surgeon and physical therapist. The information she provides is not intended to be used in place of professional medical advice. This is information that has been gathered through a variety of sources believed to be accurate, her own personal experience, and the use of her professional certifications (certified personal trainer and certified yoga teacher). This information is not meant to diagnose, treat, or heal any medical condition – it is merely a breakdown of her own post-surgery milestones, recovery exercises, and techniques. Please consult with your primary care physician/physical therapist to diagnose or acquire advice on any medical condition if you have any questions.

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