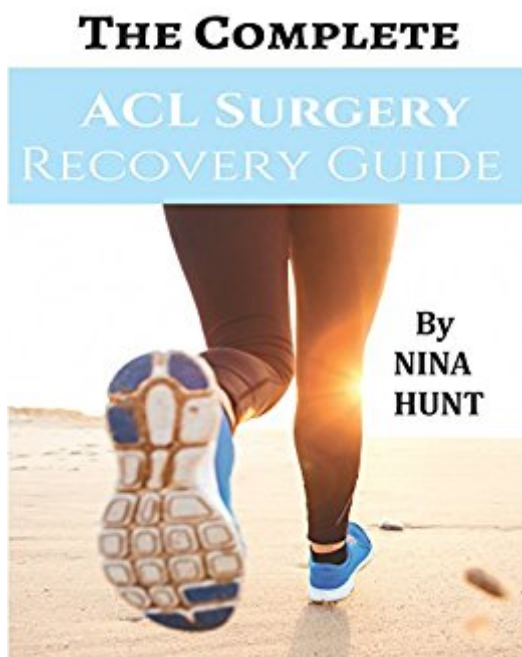


The book was found

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.

Book Information

File Size: 6829 KB

Print Length: 123 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 11, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B073WGR2YQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #512,442 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #60

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Sports Health & Safety #95

in Books > Health, Fitness & Dieting > Sports Health & Safety #716 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing

[Download to continue reading...](#)

The Complete ACL Surgery Recovery Guide Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Weight Loss Surgery Cookbook: RECOVERY Bundle - 2 Manuscripts in 1 - a total of 90+ Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein recipes for all stages of recovery After Weight Loss Surgery Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Manual of Fast Track Recovery for Colorectal Surgery (Enhanced Recovery) Burn Care: Reconstruction, Rehabilitation, and Recovery, An Issue of Clinics in Plastic Surgery, 1e (The Clinics: Surgery) Torn: A Simple Guide to ACL Tears and Healing for Girls MP Auditing & Assurance Services w/ ACL Software CD-ROM: A Systematic Approach Auditing & Assurance Services with ACL Software Student CD-ROM Auditing and Assurance Services with ACL Software CD (15th Edition) MP Loose-Leaf Auditing & Assurance Services w/ ACL Software CD-ROM: A Systematic Approach Auditing: A Risk-Based Approach to Conducting a Quality Audit (with ACL CD-ROM) The ACL Deficient Knee Complete Guide to Symptoms, Illness & Surgery: Updated and Revised 6th Edition (Complete Guidel to Symptons, Illness and Surgery) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery) (Volume 4) The BIG Book on Bariatric Surgery: Living Your Best Life After

Weight Loss Surgery (The BIG Books on Weight Loss Surgery 4) Rob & Smith's Operative Surgery:
Atlas of General Surgery, 3Ed (Rob & Smith's Operative Surgery Series) Vaginal Surgery for the
Urologist: Female Pelvic Surgery Video Atlas Series: Expert Consult: Online and Print, 1e (Female
Pelvic Video Surgery Atlas Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)