

Mullis and Associates Physical Therapy Newsletter

We Now Offer Pilates!!

When: Wednesdays at 4:00 and 5:30 (starting March 10th).

Cost: \$12 (with discount). Mats provided free of charge.

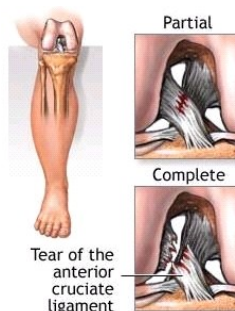
For more information and to see if you qualify for a discount go to www.mullispt.com/pilates.html.

Twist and Shout: Suffering From An ACL Injury?

If you're a sports fan, you've probably heard of ACL injuries but do you know how they are treated? In a nutshell, an ACL injury is a tear in the Anterior Cruciate Ligament (ACL), which is a ligament inside the knee that connects your upper leg and lower leg. It helps keep the knee stable. ACL injuries can range from minor injuries to complete tears, which can cause severe pain and immobility.

What causes ACL injuries?

ACL injuries are common in contact sports, especially football and soccer. If your foot is planted on the ground and something causes your knee to bend backward, twist, or move from side to side, your ACL could tear. Jumping and other sudden movements can also damage the ACL. Therefore, skiers and runners are at risk for ACL tears too. An ACL tear can affect any athlete. In fact, the NASCAR title favorite Denny Hamlin tore his ACL playing baseball, as reported by the Associated Press on January 26, 2010.



Individuals who do not engage in contact sports could also suffer from an ACL injury as a result of falling off a ladder or twisting their knee while climbing stairs. As with the rest of our bodies, the ACL gets weaker and more prone to injury with age, making individuals over 40 at a greater risk for injury.

How will I know if I have an ACL injury?

Typically, the first sign of an ACL injury is moderate to severe knee pain, but there are other symptoms as well:

- A popping noise or sensation in the knee when the injury happens
- Severe knee swelling within the first hour or two after the injury, which could indicate bleeding inside the knee
- The inability to move your knee because of the pain, swelling, or both
- An incredibly unstable feeling in your knee when you try to walk, or if it buckles or gives out on you

Remember, don't let it go untreated. If you do, you can cause more damage to your knee joint. So be sure to make an appointment with your doctor if you suspect an ACL injury.

Use RICE For Immediate Relief

Starting first aid immediately after an ACL injury can minimize the extent of damage. The **RICE** method can work wonders to help reduce the swelling and pain associated with an ACL injury.

- **Rest** your knee. Don't try to walk if you can avoid it.
- Secondly, put **Ice** on your knee.
- Then use an elastic bandage to apply **Compression** to the knee, being careful not to put it on so tightly that you restrict blood flow.
- Lastly, **Elevate** your leg above your heart. You can do this by lying down and propping your injured leg on a pillow or two (as you ice and compress it).



Strengthen the Knee to Get Yourself Back on Track

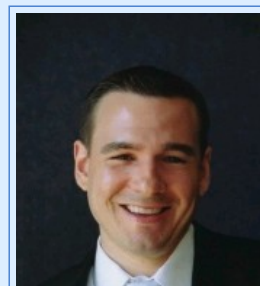
Depending on the extent of the injury, surgery may or may not be required. This is a decision you and your doctor will make together.

The primary role of physical therapy after an ACL injury is to return the injured knee to the same level of function as it was prior to the injury. With a multi-faceted approach geared towards optimum recovery, our rehabilitation professionals will get you back on your feet as soon as possible.



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Jonathan Mullis

Mullis and Associates Physical
Therapy

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Testimonials

I would like to express my deep appreciation for the superior care I received while undergoing treatment at Mullis and Associates Physical Therapy. I know I wasn't always the most cooperative patient, and your patience did not go unnoticed. My recently improved health is a credit to your expertise and special treatment. I will be certain to continue to recommend you to everyone I know who needs good care!!!! LaVondea E.

I really enjoyed my experience with your treatment. I had shoulder pain for 3 months which caused lots of trouble in my daily activities. After only two treatments in your place and performing the exercises per your instruction, I felt much better. Now I can move my shoulder around. I will definitely recommend your clinic to my friends and colleagues if they need physical therapy. Dr. Yuqing Z.

I was having a lot of neck and shoulder pain at the beginning of therapy, but after only 4 weeks I was feeling much better and was able to return to full duty at work, including lifting patients. Kelly C.

Suffering from Aches & Pains?



Try Physical Therapy!

Call or stop by today and let us help you!

www.MullisPT.com

After a complete evaluation, we will often prescribe a comprehensive rehabilitation program consisting of:



- Flexibility routines
- Strengthening exercises
- Stabilization movements
- Endurance activities

Your physical therapist will work with you to determine the best plan of action, based on your activity level before the injury and the current functionality of your non-injured leg. By working closely with us, you might be able to strengthen the quadriceps and hamstring muscles that support your knee enough to avoid surgery and further injury. This varies from one case to another, but we can assure you we will go out of your way to minimize surgical involvement

We can help you experience both short-term relief and long-term recovery from your ACL injury. Please call us to schedule a consultation today. We also offer preventive strengthening programs to assist you or an athlete in your family to stabilize and strengthen the knee joint, minimizing the possibility of ACL injuries. After all, "Prevention is better than cure".

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(888) 697-8123

Check out these links to find out more about what makes us different.

[What sets us apart?](#)

[More Testimonials!](#)

[We accept all major insurances!](#)

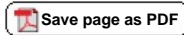
[Convenient Location and Free Parking!](#)

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