

Abhishek



It was just like any other day I was excited as I pulled up my shoes and put on my basketball jersey." Today I'm gonna play better than yesterday" I told myself. We warmed up and started the regular evening game. And then the ball gets thrown across the court. I sprint after it just in time to notice my opponent close out I try to dribble past him but suddenly I noticed a click in my knee as if a bone just slipped out and back in. I sat there in excruciating pain. Praying that I hadn't had the same thing dreaded by most sports enthusiasts

" an ACL tear". But an MRI confirmed it. A complete ACL tear with a tear in the medial meniscus and lateral both grade 3. I get up the next morning put my foot down to just watch my knees give away like jelly. I practically cried in the opd." Be strong up here " said the orthopaedician said as he pointed to his temple. "Life will have some difficult turns".and I just sobbed. I was started on a mild physiotherapy. Including bending my knee to the best I could to strengthen the muscles mainly the quadriceps. Elevation, isometric exercises and more. I went twice a day. These exercises as painful as they were helped me get confident on my feet I could bend my legs completely walk at a slow pace in two weeks. And keep up with others in 4. It majorly paved way to give me confidence about how to go about things with regards to my recovery .monthlater I got my surgery An Arthroscopic ACL reconstruction with hamstring graft and suturing of the menisci done. And I never looked back. I took each day a step at a time. First walk as much as you can regular physiotherapy twice. It helped me because not only could I do it on my own after the surgery, but also I was confident on how well I was doing based on my previous course of physiotherapy .

Setting goals helped me keep focus, first get off the crutches ,then brisk walking and then jogging. I kept tabs .And as I writhed in pain physiotherapy each day. "I'm getting back" I told my self.Each day with each painful squat was a path for a steadier step I could take. Slowly and steadily after months of jogging and exercising about ten months I could play . I gained confidence on court.I practiced a specialised group of exercises which helped strengthen proprioception and of course jumping and landing and pivoting around my knee which was in order to orient my body to get accustomed to the stress and strain of playing again and also correct Any wrong mechanism I had causing strain to the joint. of course it was difficult and many times I slacked but I got back to it , it was a long drawn process but it was definitely worth it. Considering the time when I could barely step off my bed without my knee giving away. I had definitely come a long way.And now three years after I feel as confident as ever but I still continue to take opinion and exercise with the physiotherapist when I can. Injuries can't always be prevented. But they can be made less probable with help of physiotherapy and care.