

### Case Study 3

**Name:** EZ

**Age:** Late 20s

**Number of years as GXI:** Less than 1 year

**Issues:** Left Anterior Cruciate Ligament (ACL) reconstruction, right ankle pain

EZ is a full-time student, and has recently started out as a part-time GXI. She teaches 1 high intensity aerobics class per week, and has soccer practices 2-3 times a week at school. 3 years ago, EZ had a complete tear in her ACL during one of her soccer matches. She had undergone ACL reconstruction surgery and had metal implants in her left knee. She completed rehabilitation and recovered with full knee ROM. Post-surgery and rehabilitation, EZ had no pain in her left knee during soccer games. However, she started to experience tightness and pain in her right ankle when she overexerts herself during soccer games, and recently, while teaching her aerobic classes.

During physical examination, EZ had no significant differences in bilateral knee ROM. Although her left calf appears to be slightly smaller, she has no restrictions in her ankle ROM. Upon palpation, tightness can be felt around the sides and back of the left knee, and there is a palpable difference in muscle tone in her right calf as compared to her left. There is also fascia tightness felt underneath and around the surgical scar on her left knee, despite EZ not having any discomfort around the area.

Based on the above assessment, it seemed likely that the pain in EZ's right ankle was caused by her left knee injury and scar tissue, as her body likely compensated by weightbearing more onto her right side to stabilise the body and allowed the left side to recover from her ACL surgery. Hence, session goals focused on breaking down and remodelling of surgery scar tissue, mobilising the fascia and muscles around her left knee, and reducing the tightness in her right calf to minimise the pain in her right ankle during soccer practices and aerobic classes.

# Manual For Aerobic Instructors

**Guillaume Favre**



## **Manual For Aerobic Instructors:**

Manual For Aerobic Instructors: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have charmed audiences this year. Manual For Aerobic Instructors : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Manual For Aerobic Instructors : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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## Table of Contents Manual For Aerobic Instructors

1. Understanding the eBook Manual For Aerobic Instructors
  - The Rise of Digital Reading Manual For Aerobic Instructors
  - Advantages of eBooks Over Traditional Books
2. Identifying Manual For Aerobic Instructors
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Manual For Aerobic Instructors
  - User-Friendly Interface
4. Exploring eBook Recommendations from Manual For Aerobic Instructors
  - Personalized Recommendations
  - Manual For Aerobic Instructors User Reviews and Ratings
  - Manual For Aerobic Instructors and Bestseller Lists
5. Accessing Manual For Aerobic Instructors Free and Paid eBooks
  - Manual For Aerobic Instructors Public Domain eBooks
  - Manual For Aerobic Instructors eBook Subscription Services
  - Manual For Aerobic Instructors Budget-Friendly Options
6. Navigating Manual For Aerobic Instructors eBook Formats
  - ePub, PDF, MOBI, and More
  - Manual For Aerobic Instructors Compatibility with Devices
  - Manual For Aerobic Instructors Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Manual For Aerobic Instructors
  - Highlighting and Note-Taking Manual For Aerobic Instructors
  - Interactive Elements Manual For Aerobic Instructors
8. Staying Engaged with Manual For Aerobic Instructors

- Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Manual For Aerobic Instructors
9. Balancing eBooks and Physical Books Manual For Aerobic Instructors
- Benefits of a Digital Library
  - Creating a Diverse Reading Collection Manual For Aerobic Instructors
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Manual For Aerobic Instructors
- Setting Reading Goals Manual For Aerobic Instructors
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Manual For Aerobic Instructors
- Fact-Checking eBook Content of Manual For Aerobic Instructors
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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