

### 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

**M Planty**



## **Manual For Aerobic Instructors:**

The book delves into Manual For Aerobic Instructors. Manual For Aerobic Instructors is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Manual For Aerobic Instructors, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Manual For Aerobic Instructors
    - Chapter 2: Essential Elements of Manual For Aerobic Instructors
    - Chapter 3: Manual For Aerobic Instructors in Everyday Life
    - Chapter 4: Manual For Aerobic Instructors in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Manual For Aerobic Instructors. The first chapter will explore what Manual For Aerobic Instructors is, why Manual For Aerobic Instructors is vital, and how to effectively learn about Manual For Aerobic Instructors.
  3. In chapter 2, this book will delve into the foundational concepts of Manual For Aerobic Instructors. The second chapter will elucidate the essential principles that need to be understood to grasp Manual For Aerobic Instructors in its entirety.
  4. In chapter 3, the author will examine the practical applications of Manual For Aerobic Instructors in daily life. This chapter will showcase real-world examples of how Manual For Aerobic Instructors can be effectively utilized in everyday scenarios.
  5. In chapter 4, the author will scrutinize the relevance of Manual For Aerobic Instructors in specific contexts. The fourth chapter will explore how Manual For Aerobic Instructors is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, this book will draw a conclusion about Manual For Aerobic Instructors. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Manual For Aerobic Instructors.

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