

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

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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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