

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

Rachel S Tattersall



Manual For Aerobic Instructors:

Unveiling the Magic of Words: A Report on "**Manual For Aerobic Instructors**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Manual For Aerobic Instructors**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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