# About Us

## Setting the Standard for Over 25 Years

**Swanson McArthur Physical Therapy** is a physical therapist-owned and -operated orthopedic and sports injury rehabilitation physical therapy clinic. We have been serving the communities of **Carmichael, Fair Oaks, Citrus Heights, Orangevale, Sacramento, Antelope, and Roseville** for over 25 years, building and maintaining an excellent reputation in the medical community. A member of **PTPN**, our courteous and caring staff takes pride in providing the most comprehensive treatment available, considering the needs and goals of each patient. We specialize in the evaluation and treatment of all orthopedic and sports dysfunctions. Our physical therapists are licensed by the state of California and are members of the **American Physical Therapy Association (APTA).**
Our full-time clinicians are board-certified **Orthopedic Clinical Specialists (OCS)**, certified by the American Board of Physical Therapy Specialties.

***"Restoring function, maximizing performance."***

"Quinn McArthur has been a huge asset to the Placer United Soccer Club. Having a Physical Therapist in our soccer community has been a blessing as Quinn has worked a number of our players back into form after injury.

As the Injury Education Coordinator, Quinn has established a program educating coaches, players, and parents with techniques for reducing the risk of ACL injury. If an injury does occur, he serves as a consultant with the player and family to help them through the initial injury or pre-operative phase.

Quinn also serves as a consultant in returning the athlete to the field after any kind of injury/surgery - working with the player, parents, coach, and physician.

Lastly, Quinn provides PUSC with educational info on common soccer injuries - per the website in the fitness and video gallery sections. www.placerunited.com

We are very appreciative to Quinn and his dedication to our students/athletes ensuring their health and well being."

Ron Benjamin and Paul O'Brien
Placer United Soccer Club
Directors of Coaching

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# ACL Injury Prevention & Post-operative Rehabilitation

Swanson McArthur
Physical Therapy
& Aquatic Center

Quinn A. McArthur, PT, OCS
Owner/Director

Paul E. Swanson, PT
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Sabra McDonald, PT, MA, OCS
Aquatics Director

# ACL Injury Prevention Program

## What Can Be Done?

Over the past two decades the number of soccer related ACL injuries has risen significantly in girls. When comparing boys with girls in the same sport (soccer) girls have a far greater number of knee injuries and are 3 to 9 times more likely to sustain a **non-contact** ACL injury. In fact, **70%** of all ACL injuries in girls are non-contact…the ligament tears due to the faulty position the athlete puts it in.

To better understand the disparity between the sexes, **anatomical**, **hormonal**, and **neuromuscular** factors have been studied and the results have been both interesting and helpful.

Since we have no control over anatomical or hormonal factors, our focus must be on re-educating the most important structures in and around the knee. This can be achieved through neuromuscular and proprioceptive training.

A recent study found specific neuromuscular and proprioceptive training exercises reduced non-contact ACL injuries by **74%**.

2008 marked the start of the **SMPT ACL Injury Prevention Program**. Developed and directed by Quinn A. McArthur, PT, OCS, the program focuses on Select and Competitive female soccer players and includes educational seminars for coaches, parents, and athletes as well as on-field training. This soccer-specific program is designed to reduce the risks of ACL injuries utilizing education, exercises, and techniques to improve flexibility, strength, endurance, agility, power, and neuromuscular control.

Currently working with **Placer United Soccer Club** as Injury Education Coordinator, Quinn has established an injury prevention philosophy within the club and is applying the **SMPT ACL Injury Prevention Program** to aggressively address the epidemic of ACL tears in female soccer players.

## Post-operative Sports & ACL Injury Rehabilitation

In the event that an athlete should suffer an ACL tear, post-operative rehabilitation will be prescribed by a physician. As surgical techniques continue to improve significantly to restore function and mechanics to the knee joint, the role of the physical therapist continues to evolve.

Unfortunately, the re-injury rate following surgery has been reported as high as **11%.** Furthermore, a recent study following athletes after 5 years post-surgery reported the presence of degenerative changes within the repaired knee joint to be **31%.**

To avoid re-injury after surgery, the athlete needs to overcome not only post-operative issues of pain, swelling, ROM and strength loss, and functional/sports-specific limitations, but also the existing issues that lead to the tear initially. Assessing these factors requires careful evaluation, correction, re-assessment, and repetition.

**Swanson McArthur Physical Therapy** provides its patients with the most comprehensive and evidenced-based approach to restoring function and athletic performance .

## Did You Know?

**An estimated 80,000 ACL tears occur annually in the United States, with the higher incidence in individuals 15 to 25 years of age who participate in pivoting sports.**

***"We must teach our soccer players the techniques of how to run, jump, land, and move prior to teaching endless numbers of drills and exercises."***

## Female Athletes: What Are the Risk Factors?

Running, cutting, and jumping are movements vital to the game of soccer. Inherent within these movements is the potential for injury if they are performed incorrectly. Noncontact ACL injuries often occur with the knee slightly bent and in a valgus (knock-knee) position. With highly skilled athletes playing longer seasons at a higher competitive level, the stresses at the knee can be significant. The research indicates that differences exist between boys and girls in the way they run, cut, jump/land, and decelerate. In assessing electrical muscle activity, force plate values, and video analysis, girls have been found to:

- run both forward and backward in a more upright position
- cut, standing more upright with the outside/planted leg, in valgus (caving in)
- land firmly from a jump more flat-footed, with less knee flexion (bend), and less hip flexion (bend)
- over-utilize the quads when squatting and running
- under-utilize the hamstrings when running, cutting, and decelerating
- decelerate more with dominate quads in a more upright trunk position

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