

About Cody McAninch, CSCS

I have been a strength & conditioning coach for the last 5 years. I have always been drawn to working athletes and active populations. My passion for helping people with ACL injuries began after my own ACL injury

I suffered while wrestling. Since then, I have met people from all walks of life that have gone through or are currently going through the same process. After meeting these people, many common themes seemed to emerge: lingering knee pain leading to compensation elsewhere, lack of strength, decreased performance levels from pre-surgical times, and worst of all, multiple knee injuries. My goal is to help as many people as I can achieve their performance goals (whatever they may be) and help bridge the gap between rehab and performance that many people have not discovered.

Please Note: I AM NOT a physical therapist, doctor, or any other practitioner, nor do I claim to be. I am a strength & conditioning coach with a passion for getting people to perform at their highest levels. Everything I do with my clients in their rehab process is done either through coordination with their therapists and their guidelines for rehab or after the client has been cleared by their surgeon to return to activities.



Instagram:

@4csportsperformance **OR**
@mcaninch_performance

Email:

Cody@4csportsperformance.com

Website:

www.4csportsperformance.com

Cody's 9 ACL Rehab Tips

1. **Embrace the small wins** — Don't sell yourself short during your rehab process. Each milestone is a big step towards recovery! Running for the first time, jumping and landing on a single leg, anything new is something to build upon to begin getting your confidence back.
2. **You always have a choice in your rehab** — If you don't feel like you're getting what you need to accomplish your goals or get you where you need to be, find someone new. There are quality therapists and coaches out there that can get you where you need and want to be. Sometimes it just takes a little searching.
3. **Rehab is different for everybody** — Not one single rehab process is the same as another. Age, athletic ability, weekly frequency of rehab/training are all among many factors that will be different for everyone during the process. Don't compare your process to others' that have different circumstances. Focus on what you can control, and that is your effort and consistency in whatever stage of rehab you are in.
4. **Milestones, not timelines** — Progressing through rehab strictly because you are a certain amount of time removed is like expecting to pass a test because you stared at the pages for long enough. There needs to be objective (and subjective) milestones in place in order to continue progressing. Objective measures such as strength tests can help dictate readiness to progress. Subjective measures such as landing mechanics and gait patterns can also be useful tools to identify things that are being done well, along with things that need to be addressed.
5. **The mental side of things is just as important as the physical part of rehab** — If you don't have the confidence to return to the things you want to return to, have you completed rehab? During the rehab process, you should be placed in situations and positions that over time will help build your confidence that your knee will hold up when put in those situations outside of the clinic/gym. You are far more likely to avoid situations that you do not feel confident in.
6. **Find a team with your best interests & goals in mind** — Whether you are in a clinic that encompasses both the therapy and performance/training, or are working with multiple people throughout the process, everyone should be on the same page. Communication is key from both sides. As a patient, you should have an understanding of "why" you are doing what you are doing, and you should be communicating along the way as well. A clear understanding of what it will take to get you to your goals will help you create realistic expectations for what is to come.

7. **Nutrition** — Nutrition can play a huge role in your rehab process. Proper nutrition can help with inflammation, maintaining muscle mass, and aiding in recover from previous sessions as intensity increases.
8. **Trust the process** — ACL rehab is not a linear process (hence my preference of milestones vs. timelines). There will be bumps in the road, times you feel like it is a breeze, and times where you feel stuck in a standstill. Stick with the program. Nobody within the therapy or strength and conditioning field got into the field to hold people back or slow them down. Keep pushing and putting the work in, focus on the big picture.
9. **It is not too late** — If you feel as if you were not rehabbed properly, or you are struggling in your process and do not know what your next step should be, there is a light at the end of the tunnel. Just because you are behind, does not mean you are lost. There are people out there with experience working with people in your situation. Do your research and find them.