

EXERFLY

The Spin: ACL Basketball Rehab

Use Story: Justice Carlton





Background

Flywheel training has received some attention as a useful tool for rehabilitating injuries, with several researchers showing benefits for addressing patellar tendinopathy and chronic muscle weakness after ACL reconstruction (1,2)



Use story

Justice Carlton is a highly ranked basketball recruit who has recently signed for University of Texas at Austin. After an ACL reconstruction, she began using the Exerfly Ultimate as part of her rehabilitation protocol under the guidance of Chris Slocum, the Director of Advanced Performance at Athlete Training and Health.





What they did

They first introduced Exerfly flywheel training as a priming exercise during warm-ups before traditional strength training.



What they did

They then progressed to using the Exerfly Ultimate as their primary training modality four days per week, with a focus on exercises such as squats, single leg step downs, and triple extensions.



What they found...



01

Justice was able to load the injured limb safely and effectively, and without the patellar tendon discomfort that she experienced previously.



What they found...



02

She performed 90% or more on all functional tests at her five-month testing, which is considered an exceptional rate of progression for ACL reconstruction!



One thing noted by Chris Slocum was the versatility of the Exerfly unit, allowing him to program exercises such as these, which helped Justice progress quickly without aggravating her injured limb.

