

# Go cray essay

[Business](#), [Career](#)



Its primary purpose is to take stress off of the other important tendons in your knee such as the CAL and MAC. It's mainly used when you land from a leap or when you're trying to change directions quickly. The way this happened to me was unexpected. One day in basketball practice, we had a full court scrimmage. This was an exciting scrimmage for me because I was one of only 2 players on the team who could dunk a basketball. My teammate got a steal and I used my long legs to streak down the court and get ahead of the defensive players who had intentions of stopping me from scoring. My teammate threw a perfect Hail Mary pass that landed right in front of my path to the basket. As I kept moving forward towards the basket, I felt the presence of a player from the opposing defensive team strutting full speed directly behind me.

Me being the big headed high flyer I am, I still tried to reach my highest vertical point possible. I felt my body rise higher and higher, but at the same time I felt the other player right on my back. Once I reached my highest point, I still attempted to slam the ball through the rim even though this guy was right on my heels. It was a success and as I was on my way back to the ground I had this awkward feeling as if the landing was going to be off. I finally reached the ground and as my right leg came to the hardwood I felt this outrageously sharp pain right under my knee cap followed by a burning sensation that only got worse with movement.

I had no clue what was going on. I was scared out of my mind. The school called 911, paramedics came and I was rushed to West Suburban Hospital. Hours later after multiple x-rays, CAT scans and family prayers, the doctor told us the bad news. The role water had in this horrific accident was

rehabilitation. The doctor told me I had a rehab time of 12 weeks. The first 4 weeks were strictly bed rest.

In these 4 weeks, I thought in my head, " my career was over before it was even started. " On the 5th week of my strenuous rehab, I had to have a 3 hour surgery to repair the torn cartilage in my knee. The doctor told me that the rest of my rehab will be complicated and I'll be tested both physically and mentally. He gave a strict diet that only allowed me to drink water, and what 13 year old wants to drink Just water for the next 7 weeks of his life? No more sodas? No more Cool-Aid? Not even chocolate milk for lunch at school? I thought to myself, " This is barely possible. " After my surgery I had to wear a full leg brace 24 hours a day for the next 3 weeks until my pool rehab started. During these three weeks, my school team went to the regional championship and that was a big GO Cra motivating factor in my rehab. The three weeks came to an end and m came off. I could finally walk again.

As the following weekend went by I drink only water and eating healthy at a young age isn't that bad and the long run. My first day of pool rehab finally came along an excited and a little scared too. I was intimidated by the other people in because they were older and focused on getting the rehab over.

Pools joyful place where people, mostly kids, go to have fun and cool off. Rehab pool water was lukewarm and had muscle relaxing additives that water this off smell, it reminded me of my uncle's bathroom. It didn't e to what I expected. This was an obstacle I had to overcome on my own. Day of my pool rehab, we had to do an exercise that required us to do and hold it for 45 seconds. The instructor told us that this was a rather Ewing a 13 years

old in a Meniscus rehab program, this was much more swimming with friends at the neighborhood pool. This was going to take focus and effort to be completed properly.

After the first 2 weeks of rehab, I got a better understanding of why I had to do this and how it affected my body. Being submerged under water makes physical activity much more strenuous, therefore your muscles' development is increased compared to a workout. As the weeks went by, I noticed the progress of the rehab. I finally realized the relevance of my pool rehab.

In other words, it helped me understand the relevance of water's role in my rehab. My leg felt as if the injury never healed. I continued to drink a lot of water on a daily basis and before I knew it, the court was my motivating factor in my rehab.

The three weeks came to an end and my leg brace came off. I could finally walk again. As the following weekend went by I noticed that drinking only water and eating healthy at a young age isn't that bad and will help me in the future. My first day of pool rehab finally came along and I was kind of excited and a little scared too. I was intimidated by the other people in the class only because they were older and focused on getting the rehab over. Pools are usually a little warm. The rehab pool water was lukewarm and had muscle relaxing additives that gave the water this off smell, it reminded me of my uncle's bathroom. It didn't even come close to what I expected. This was an obstacle I had to overcome on my own. On the first day of my pool rehab, we had to do an exercise that required us to do a full squat and hold it for 45 seconds.

The instructor told us that this was a rather easy drill. Me being a 13 years old in a Meniscus rehab program, this was much more complex than swimming with friends at the neighborhood pool.