



ORTHOPAEDIC ASSOCIATES
OF MANITOWOC
THE EXPERT CHOICE.



“Staying in the game.”

by **Makenzie**: basketball, volleyball, and track

Being injured was one of the worst things that ever happened to me. Just before the start of my junior year at Mishicot High School, I shredded my ACL, tore my meniscus, and sprained my MCL (in combination, a serious knee injury) playing basketball.

I've always trained hard for my sports. I played varsity basketball, volleyball, and track. Often, I'd forgo time with friends to get extra workout time in. Now, I was sidelined for more than 8 months. Some of my therapy was so painful, I had a friend come along and hold my hand.

As volleyball team captain, I led by example on the court. After my injury, it was extremely tough to sit on the sidelines and just watch my teammates. As a leader, I was challenged to transition my leadership style to capitalize on my communication skills from the bench – a tough assignment, but good for me.

I tried to continue my work ethic with the prescribed therapy regimen. When I went in for follow-up appointments with my orthopaedic surgeon, anxious to get back in the game, he still told me I had to wait, needed to get further along my recovery path.

What's my outlook on this grueling rehab process? I had to do it – sports have always been an important part of my life, and I want to continue to enjoy playing throughout my life. My advice? Listen to your doctor! When I was working my butt off in therapy, I hated Dr. Kuester telling me I still couldn't play. But he was right. I needed to be patient. It's a long recovery period, but I'm happy to be well.

I'm going on to UW-Madison. And, I've got my eye on the club volleyball team



Makenzie