



Achilles Tendon Repairs...

Can Kobe Make it Back to the NBA?

April 17th 2013

Mike Napierala PT, SCS, CSCS, FAFS, NG360
PEAK PERFORMANCE, Physical Therapy/Sports Training

Achilles Tendon Repairs...

o NBA – Ready or Not, Here Comes Kobe

Kobe said somewhere that he asked one of his opponents if he had kicked him in the leg. That's a common report when the Achilles Tendon ruptures. It's still not fully understood exactly why and how these happen. Some studies report the presence of prior tendon wear and tear stresses while other tears appear to be purely related to a high force mechanism, but yet others can be from relatively benign movements like stepping to go retrieve a basketball in the driveway.

Once the torn tendon is reapproximated and sutured the next weeks are critical to allow healing. Immobilization. Non-weightbearing. Homework. Days...Weeks...Months away from what you love doing. Recovering from a surgery is NO EASY TASK!

Kyle Wagner of deadspin.com interviewed authors of a soon to be published study in the American Journal of Sports Medicine looking exactly at Achilles Tendon Repair recovery in NBA players from 1992 through 2012. 39% never made it back to play. Kobe has 54,000+ NBA minutes on his body while Dominique Wilkins, who returned at age 30 after his Achilles Repair to All-Star performance levels, had only 25,000+ minutes on him. Isaih Thomas at age 32 with 39,000+ minutes before tearing his Achilles, never returned to the NBA.

Although Kobe may not have age on his side, he does have some key qualities that will be a HUGE benefit to him as he begins the road to recovery that's likely to take at least 6 months – ***dedication and commitment!***

- Post op recovery requires persistence in following restrictions to avoid undue stresses that might compromise healing!
- Post op recovery requires a steady commitment to “DO YOUR HOMEWORK” daily.
- Success usually includes the ability to set realistic short term goals that are challenging but achievable since stepping back on the court and actually playing may not happen for 4 months or more.



161 East Commercial St
East Rochester, NY 14445
WWW.PEAKPTROCHESTER.COM
PHONE: 585-218-0240 FAX: 585-218-0245

***FOR A long rehab process requires two things Kobe definitely has...**

COMMITMENT AND DEDICATION!

Like him or not – it's gonna be fun watching how committed Kobe is to this process.

SET REALISTIC GOALS, WORK HARD, AND BE PERSISTENT... *YOU CAN DO IT!*

The information provided is intended for general informational and educational purposes only. It is not intended to substitute for professional advice from a healthcare provider or to be considered provision or practice of physical therapy. You should always directly seek advice from a qualified healthcare professional if you are experiencing signs or symptoms of injury, illness, or disease. While Peak Performance Physical Therapy/Peak Performance Sports Training makes every attempt to provide accurate and reliable information, the owners/employees/heirs do not represent, warrant, endorse, approve or certify any information displayed, uploaded, downloaded or distributed on its behalf nor does it guarantee the accuracy, efficacy, completeness or timeliness of these educational materials. You hereby represent and warrant that you are at least 18 years of age and have legal capacity to use this website and materials contained therein. Under no circumstances will Peak Performance Physical Therapy/Peak Performance Sports Training, its owners/employees/heirs be liable for any damage caused by reliance upon information provided on or through this website. Use of this information is voluntary and is done at your own risk The Game of Life-- Play It