

e-KardíaGram

Rehabilitation

Moses answered the people, "Don't be afraid! Stand still, and see what the LORD will do to save you today. You will never see these Egyptians again. The LORD is fighting for you! So be still!" Then the LORD said to Moses, "Why are you crying out to me? Tell the Israelites to start moving. Raise your staff, stretch out your hand over the sea, and divide the water. Then the Israelites will go through the sea on dry ground. I am making the Egyptians so stubborn that they will follow the Israelites. I will receive honor because of what I will do to Pharaoh, his entire army, his chariots, and cavalry." (Exodus 14:13-17 GW)

When I started as a sports medicine student in the late 1970s, rehabilitation after anterior cruciate ligament reconstruction in the knee followed a much different prescription than it does today. Athletes who underwent this surgical procedure were immobilized in a fiberglass cast spanning from their groin to their toes. Twelve weeks later, removal of the cast revealed a skinny lower extremity, atrophic nearly beyond recognition. And so began months of difficult restorative rehab.

Today the instruments and procedures for this surgery are improved, but so is the rehabilitative strategy. It's still challenging, but we now know that movement is essential right after surgery. Velcro fastened splints with adjustable hinges allow this, and controlled weightbearing and exercises on the afternoon following a morning operation is the response to the order, "Start moving!" Unquestionably ACL rehabilitation proceeds much better with early motion.

Put yourself in the place of the Israelites Moses led. Or maybe you are confronted with a situation like that right now. Hopeless, God's people looked at the sea of water ahead of them and the pursuing Egyptians behind them. "Are we going to die by drowning or by murder?" they must have woefully asked as Moses told them to "stand still." But, God made it clear that Moses had the wrong approach; instead the Lord ordered the people to "start moving" because He had a plan. Today you may have some Egyptians in your life. Or, what is your Red Sea? The best prescription is God's: "Start moving!" —Jeff Russell