

## Jon Olsson

In February 2014 Jon had his ACL operated on. “Even its its a standard procedure its still nice to be awake and hear that things went well”

Surgery took 75 minutes as I apparently had super hard bones, the doc had to change blades as I wore the first out Since I like being special so it was great to see his surprised face when he tolk me this, and who knows, maybe thats helped me to stay injury free for the past 15 years! The ACL procedure dan be done in 3 different ways. Either you take a piece of the Patella, the hamstring or from a cadaver. I opted for the patella as that will give the strongest and most stabile result even if it can a bit more painful and the rehab is tougher. Went though all this will the docs here as well as the Red Bull rehab center, so I think I was in great hands while make this decision.

“I then woke up around 17.00, felt a little pain but not much at all. Got some morphine and after a while I felt great”

“The initial instructions I got when I left the hospital was to start doing a rehab schedule the same day if I felt like I could do it, but my surgeon and new physio told me to be very still for the first few days, so all I was instructed to do was to lift my leg a few times a day and try to move it around as well as using a rubber band and pump my foot with some resistance to help clear the swelling. I think this sounds like a much better plan than pushing hard as I think its good to let the body rest and heal up rather than trying to push it right of the bat. Seeing the physio today to increase the work load a bit, so it will be fun to see what she has for me now! “



During recovery he worked hard on his upper body.



One unusual set of exercises are stretching the knee.



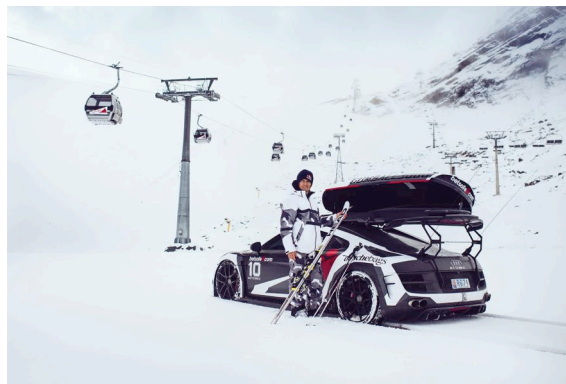
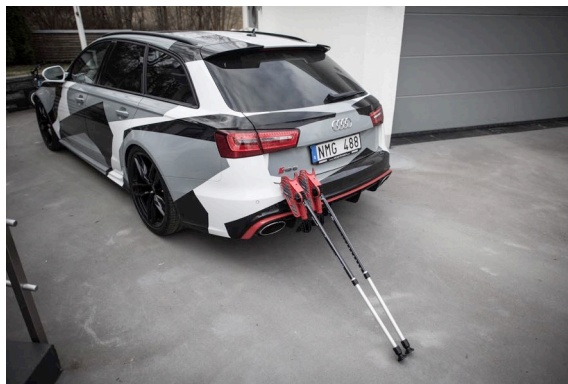
Whilst exercising the good leg.



In February 2015 Jon said I” forgot to celebrate my one year anniversary with my new ACL! Cant believe its been a year already, time flies! I would have to say that its not been as bad as I thought an ACL injury would be, sure it takes time but I think that as long as you accept that fact and not stress about it, you will get though it smoothly!

The downside is that it seems to take longer than I expected to get to 100%. Getting to 80% and being able to ski was pretty quick (8 months) and I figured that once I was there it would be 100% a few weeks later. But it takes time, even if I can ski and hit kickers right now, I can't say that I dont notice it. I feel mentally fine, but if I take a lot of heavy landings I can for sure feel it. This is the one thing that surprised me a bit, but I will keep pushing as hard as I can and I hope that I will be 100% soon again! But as I have learnt from a lot of ACL friends you can usually feel it for the rest of your life even if its not holding you back, but I guess that is a part of getting older... I would however like to thank my surgeon Lasse and physio Maria at Sofia hemmet, its been a true pleasure to go though this together and I could not have asked for better support!

For fun Jon loves to customise cars, like the RS6 and the R8 below and live the high life! During his rehab he planned to race in the Cannonball Run 2015 and organising a helicopter photoshoot with the Rebellion on the snow.



Throughout it all he keeps smiling !

