

## Overcoming Her ACL Injury Mentally & Physically Finding Strength, Resilience, and a New Path Forward

Meet Maya Wilson, a determined soccer player whose ACL injury during her freshman college season challenged her physically and mentally but ultimately made her stronger.

“My ACL injury significantly impacted both my physical and mental well-being. Learning that I would be sidelined for nearly nine months was a heavy blow,” Maya recalls. “The setback took a toll on my motivation and outlook, as I struggled with the emotional challenges of being away from the sport I loved.” The road to recovery required patience as she adjusted to a slower pace of life, constantly reminding herself of her long-term goals.

Today, Maya is thriving. “I’ve regained full confidence in my knee and feel stronger than ever. This injury has been a valuable learning experience, teaching me not only about the importance of perseverance but also about how to better care for my body.”

Her experience with Dr. Chudik and his team was instrumental. “They provided incredible support, both emotionally and physically... making me feel confident and cared for every step of the way.” Their encouragement even inspired Maya’s career path: “They’ve inspired me to pursue a career as an orthopaedic physician assistant, with the hope of helping others the way they’ve helped me.”



One of the most meaningful aspects of Maya’s treatment was the confidence instilled in her by Dr. Chudik’s team: “There were moments I doubted myself or didn’t feel ready for the next step, but they always believed in me and helped me believe in myself. Before I was cleared to play soccer again, I questioned if I was truly prepared, but they reassured me that I was strong and ready to go.”

Her advice for others? “Don’t rush the recovery process... Recovery is rarely linear... but with time, you will get back to where you were before, if not stronger.” She also emphasizes the importance of support: “Surround yourself with the people you love... Their unwavering support played a huge role in my recovery.”

Maya’s journey is a powerful reminder that with expert care, determination, and support, overcoming injury and returning to what you love is possible.