

Alyssa Pereslete is on the road to a full recovery! After her surgery to repair a torn labrum in her hip in early December, Alyssa has spent a lot of time in Physical Therapy to regain all of her strength and range of motion. By all reports, she has made a remarkable recovery. The other day was a mile stone of sorts because she finally got to put her skates back on for the first time. As we all know, each skate weighs several pounds, so her physical therapist is incorporating the weight on her feet into her over all routines. Alyssa said that the feeling of “lacing up her skates again” made her so happy! She will leave for Vail shortly to have her 1 month post surgery follow-up with Doctor Philippon. Dr. Philippon plans to get her back on the ice for some mild movement and stroking and over several months, build her back in to her regular training routine. Recovery like this is slow and often frustrating, but Alyssa is in great spirits and has taken full responsibility for her own recovery.

I, personally, think that Alyssa will become so interested and involved with the recovery process that she will want to become a doctor or physical therapist! Thank you to her mom for sending in such great pictures! It is great to see Alyssa up and with skates on again!

BTW: the Pereslete Family sends their best to Sean and will be routing for him during their stay in Colorado.

