



The ACL Solution: Prevention and Recovery for Sports' Most Devastating Knee Injury

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In *The ACL Solution*, you'll find close to 50 ACL-specific exercises designed by Dr. Myklebust, a physical therapist for the Norwegian national women's handball, soccer and volleyball teams, and a world-renowned expert on the science of ACL injury prevention. You'll learn how to better balance your body and strengthen the muscles around your knee to provide greater stability and endurance. Whether you're the parent of active children, a promising young athlete, a coach, or a 40-year-old who lives for his or her weekly basketball league, this book is a must read.

The ACL Solution Features:

- The Prevention Program, the center of this book, describes and illustrates the exercises that prevent ACL injuries.
- A FAQ section, containing commonly asked questions by people who have had recent ACL tears.
- An anatomy section that describes the anatomy of the knee

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Vicky Moore:

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Matthew Williams:

Is it you who having spare time then spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something totally new? This The ACL Solution: Prevention and Recovery for Sports' Most Devastating Knee Injury can be the answer, oh how comes? The new book you know. You are and so out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these guides have than the others?

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