



The ACL Solution: Prevention and Recovery for Sport s Most Devastating Knee Injury (Paperback)

By Robert Marx, Grethe Myklebust

Demos Medical Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. 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 centre 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.



READ ONLINE
[5.44 MB]

Reviews

An exceptional pdf and also the typeface applied was intriguing to read through. It is definitely simplified but excitement in the 50 % in the ebook. I discovered this ebook from my dad and i recommended this pdf to find out.

-- Jarod Ward

Complete information for publication enthusiasts. It is really basic but shocks inside the fifty percent of your book. I am just delighted to let you know that this is basically the finest book i have read through in my individual lifestyle and might be he best pdf for actually.

-- Elena Runolfsdottir Sr.