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

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

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.

Publication Year: 2012
Edition: 1st
Author/Editor: Marx, Robert; Mykleburst, Grethe
Publisher: Springer Publishing Company
Platform: Ovid
Product Type: Book
Speciality: Anatomy, Exercise Science
Language: English
Pages: 192
Illustrations: 0

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