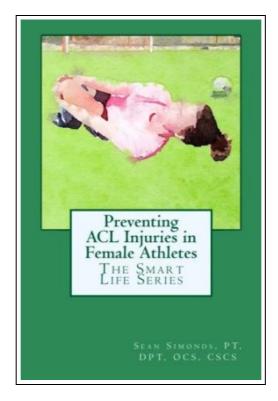
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(Brannon Koch)

### THE SMART LIFE SERIES: PREVENTING ACL INJURIES (PAPERBACK)



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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Smart Life Series: Preventing ACL Injuries is short, simple, and to the point. The sole purpose of this book is walking a gym teacher, coach, parent, athlete, or anyone through how to identify someone that is at risk for an ACL injury and requires some kind of intervention by a medical professional (physical therapist, athletic trainer, etc). Injury to the ACL can lead to surgery, extensive rehab with a physical therapist, high costs, missed competitions, and no real guarantee of returning to past levels. Research strongly supports prevention. This book will tell you who needs to start working hard to prevent this injury.







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