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The Anatomy of Sports Injuries is a great 'go to' reference for home use, or - in my case - a personal training studio. We train a cross section of people, from athletes to stay at home moms, business men and women to teachers, doctors, dentists and lawyers. Bottom line is most will, at some point, develop a 'sports injury' of one kind or another.

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Everyone who plays sports experiences injuries. Many people never fully recover because they are not aware of what they can do to facilitate recovery. But there is no need to simply resign yourself to living with a sports injury. Author Brad Wa

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