



# **Sports Rehabilitation, An Issue of Clinics in Sports Medicine, (The Clinics: Internal Medicine)**

*Joe M. Hart*

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Sports Rehabilitation is a multi-disciplinary approach to treat injuries sustained through sports participation so the athlete can regain normal pain-free mobility. The primary goal is to return to pre-injury activities, whether the athlete is a professional, amateur or casual player. Articles to include ACL/Knee rehabilitation, Foot Intrinsics and Balance, Hamstring rehabilitation in runners, Rehabilitation of the throwing athlete, Concussion rehabilitation and many more!



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