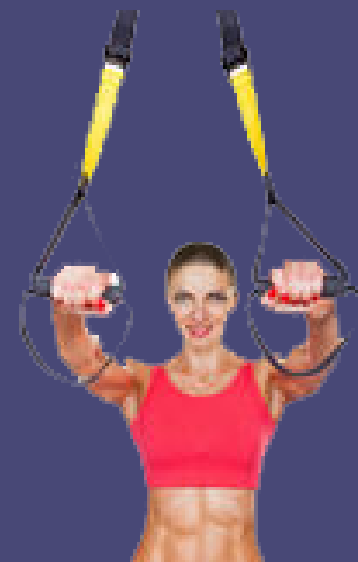


A woman with short brown hair, wearing a red long-sleeved shirt, is smiling and holding a basketball with both hands in front of her. The background is a solid blue color.

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BOSQUEJO



➤ **Agradecimientos**

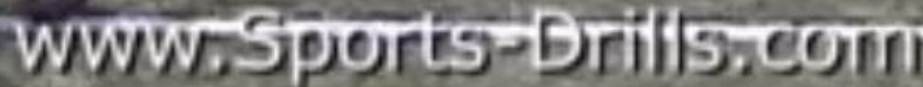


➤ **Material educativo: *Recursos y publicaciones***

➤ **Preguntas**



➤ **Cómo contactar al profesor: *Correo/Teléfono***



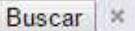
Exercises [Archivo de video]. Recuperado de <https://www.youtube.com/watch?v=8EpqHV4eicg>

*** Lista Focalizada ***

- 1.
- 2.
- 3.

PUBLICACIONES

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- HPER-3050: Introducción a la Terapéutica Atlética y Manejo de Lesiones Relacionadas al Deporte y Ejercicio
- HPER-3480: Nutrición en el Deporte, Ejercicio y Actividad Física
- HPER-4308: Diseño de Programas de Ejercicios
- HPER-3380: Evaluación de Lesiones y Diseño de un Programa de Rehabilitación Física en Deportes y Ejercicios
- HPER-4310: Metodología del Entrenamiento Funcional
- HPER-4170: Fisiología del Movimiento Humano
- HPER-2330: Primeros Auxilios y Seguridad Personal
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- HPER-4200: Técnicas y Destrezas para el Entrenador Personal
- HPER-4305: Metodología del Entrenamiento Deportivo



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HPER-4310: Metodología del Entrenamiento Funcional



Prof. Edgar Lopategui Corsino
M.A., Fisiología del Ejercicio

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ENTRENAMIENTO FÍSICO-DEPORTIVO DE NATURALEZA INTEGRADA Y DE TIPO FUNCIONAL

Prof. Edgar Lopategui Corsino

CONSIDERACIONES GENERALES

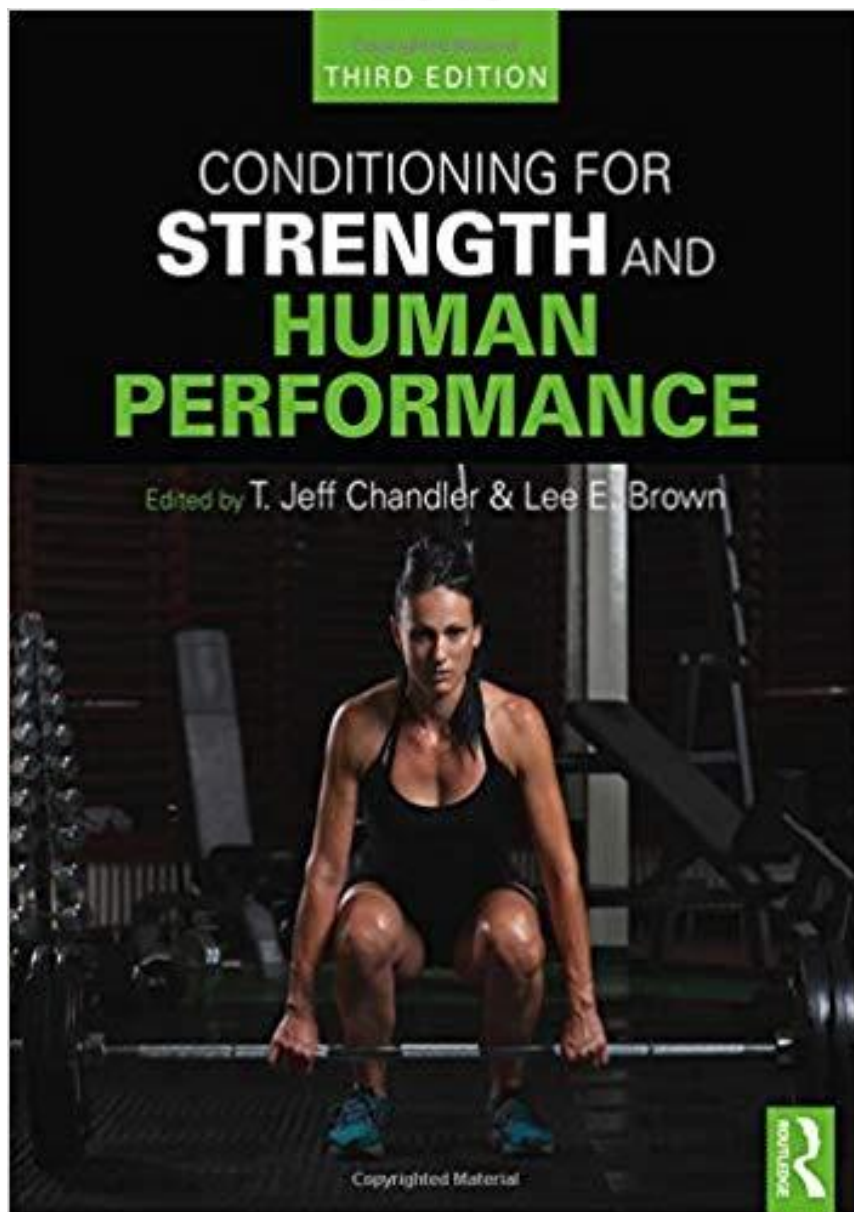
Las bases del **entrenamiento funcional** consisten en **educación del movimiento**, según sea de utilidad para la efectiva ejecución de las destrezas motoras involucradas en el deporte donde participa el atleta. El fin último, es pues, mejorar rendimiento del atleta durante su eventos competitivos (Boyle, 2004, pp. 1-2; Gambeta, 2007, p. 3). Consecuentemente, la clave para un efectivo programa de entrenamiento deportivo es comenzar a entrenar aquellas destrezas motrices básicas, o comunes, en todo deporte.

El principio funcional consiste, pues, en acondicionar y perfeccionar los **patrones de movimientos fundamentales**, locomotores o no locomotores. Entonces, para asegurar el éxito en los eventos deportivos competitivos, es imperante planificar un sistema de entrenamiento físico general para deportistas, donde se enfatice en las actividades motrices fundamentales para cualquier deporte. Esto significa que el objetivo del entrenamiento funcional es, proveer al atleta un medio para transferir estos movimientos básicos hacia las destrezas motoras más complejas presentes en una variedad de deportes. En entrenador debe estar consciente de cómo se relacionan los patrones de movimiento fundamentales en la meta del entrenamiento deportivo.

Se le considera a una actividad funcional efectiva si el movimiento, o movimientos, se ejecutan de manera integrada (coordinada con otros movimientos, multi-articular y se mueve paralela a diversos planos), donde las articulaciones del organismo humano se encuentran apoyadas desde el suelo el suelo. Esto último se conoce como **ejercicios de cadena cinética cerrada**, donde el ejercicio soporta a todos los segmentos del cuerpo.

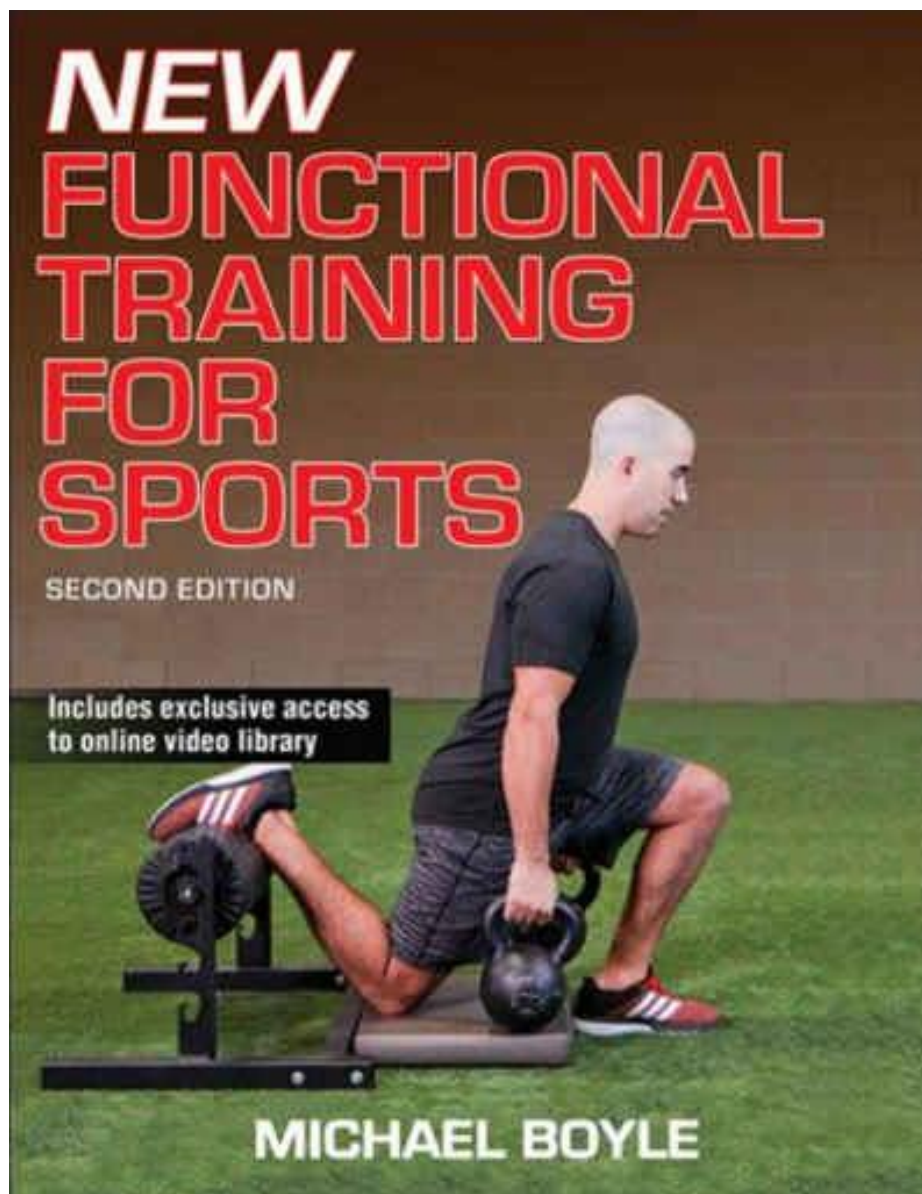
LIBROS

2019



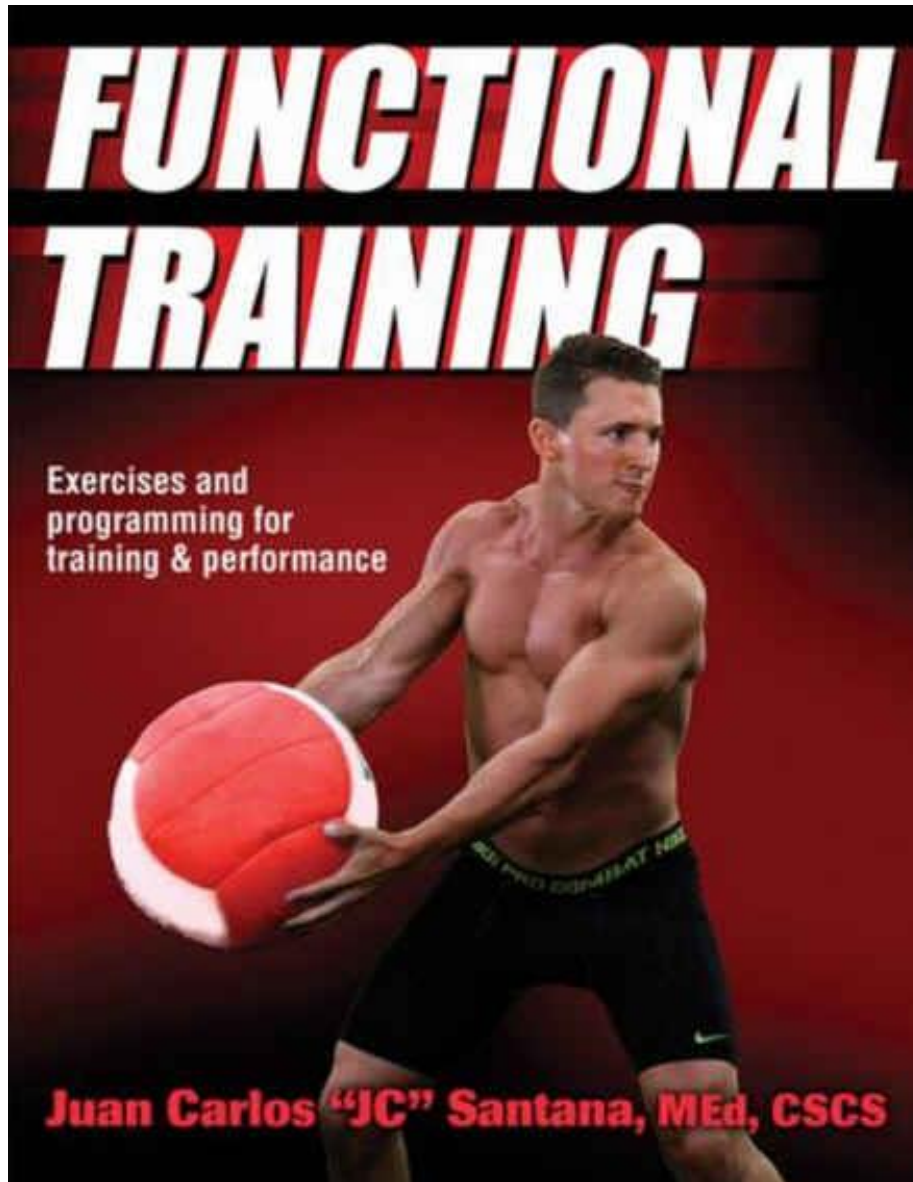
Chandler, T. J., &
Brown, L. E. (Eds),
(2019).
*Conditioning for
Strength and
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Routledge, an imprint
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2016



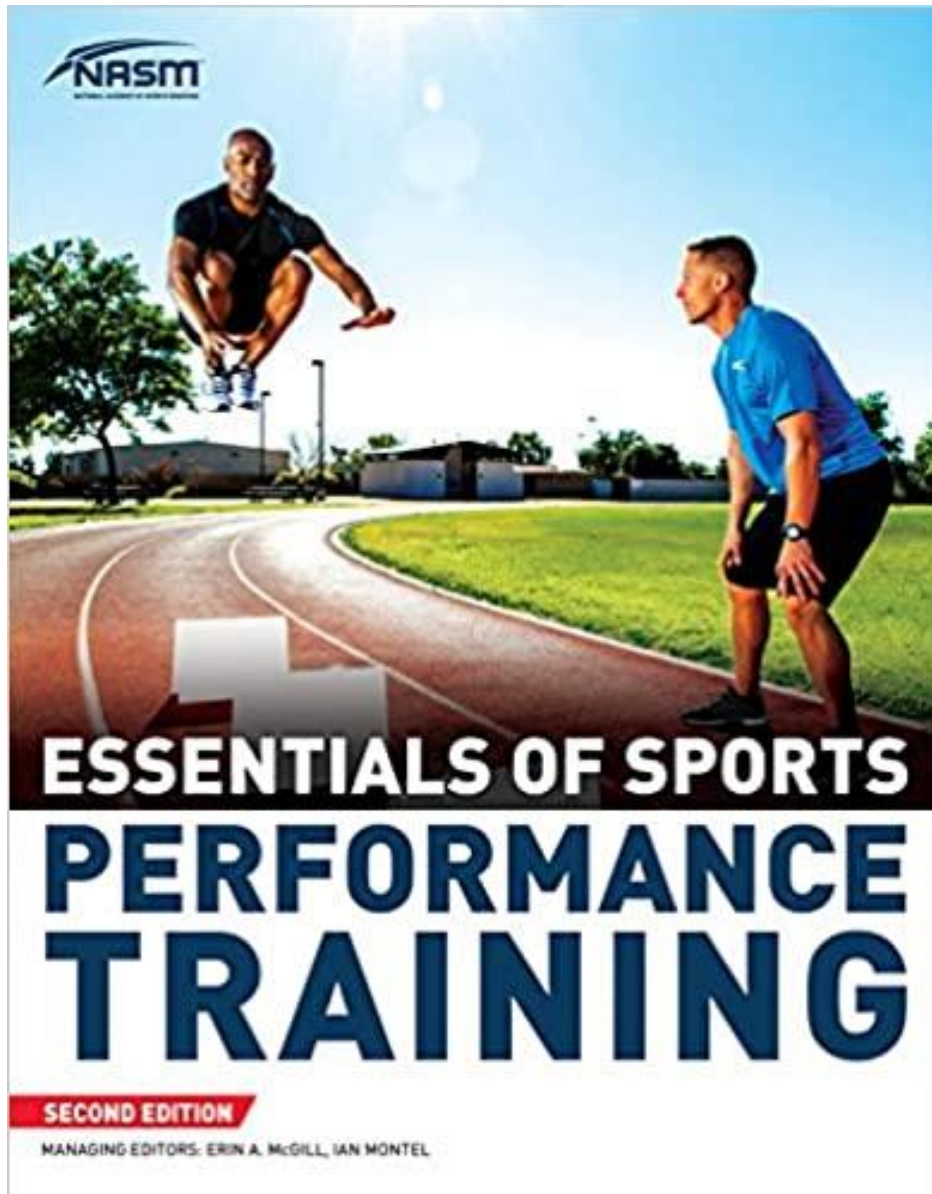
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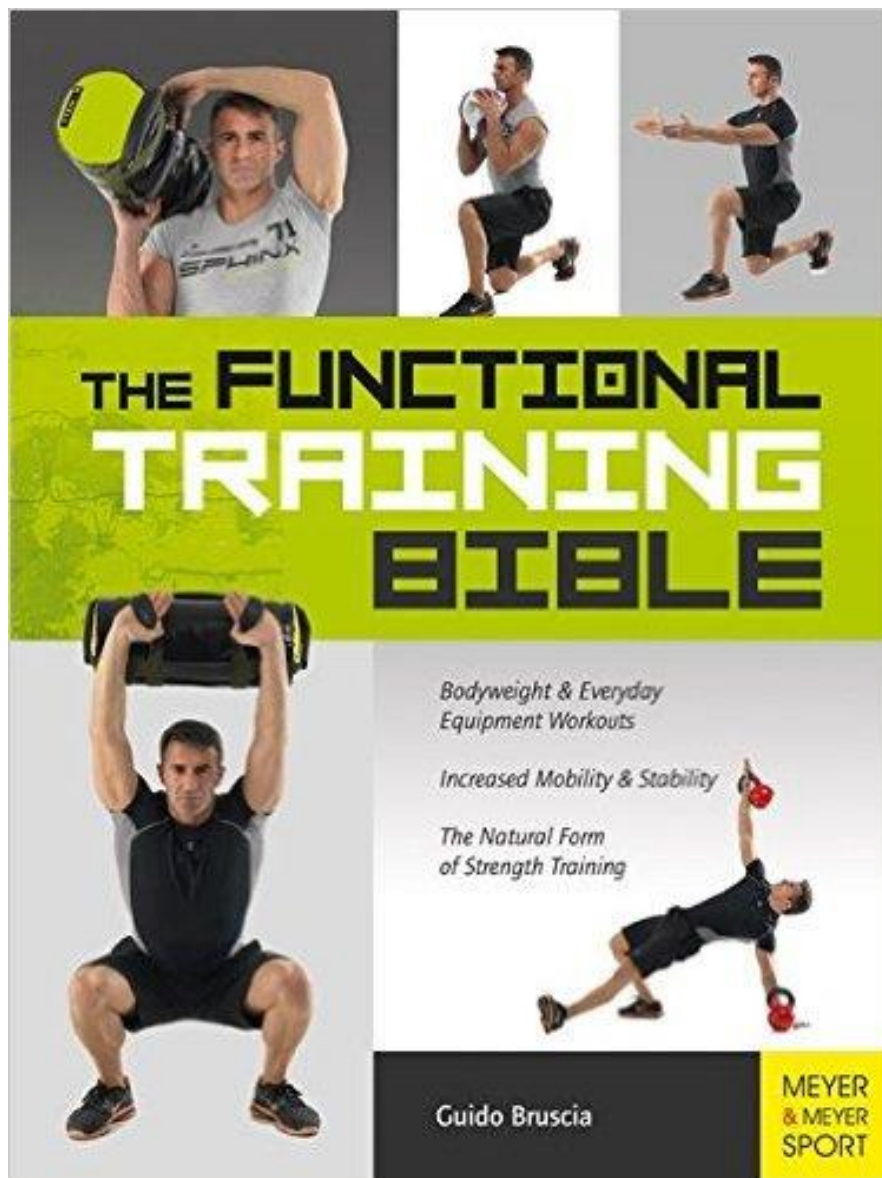
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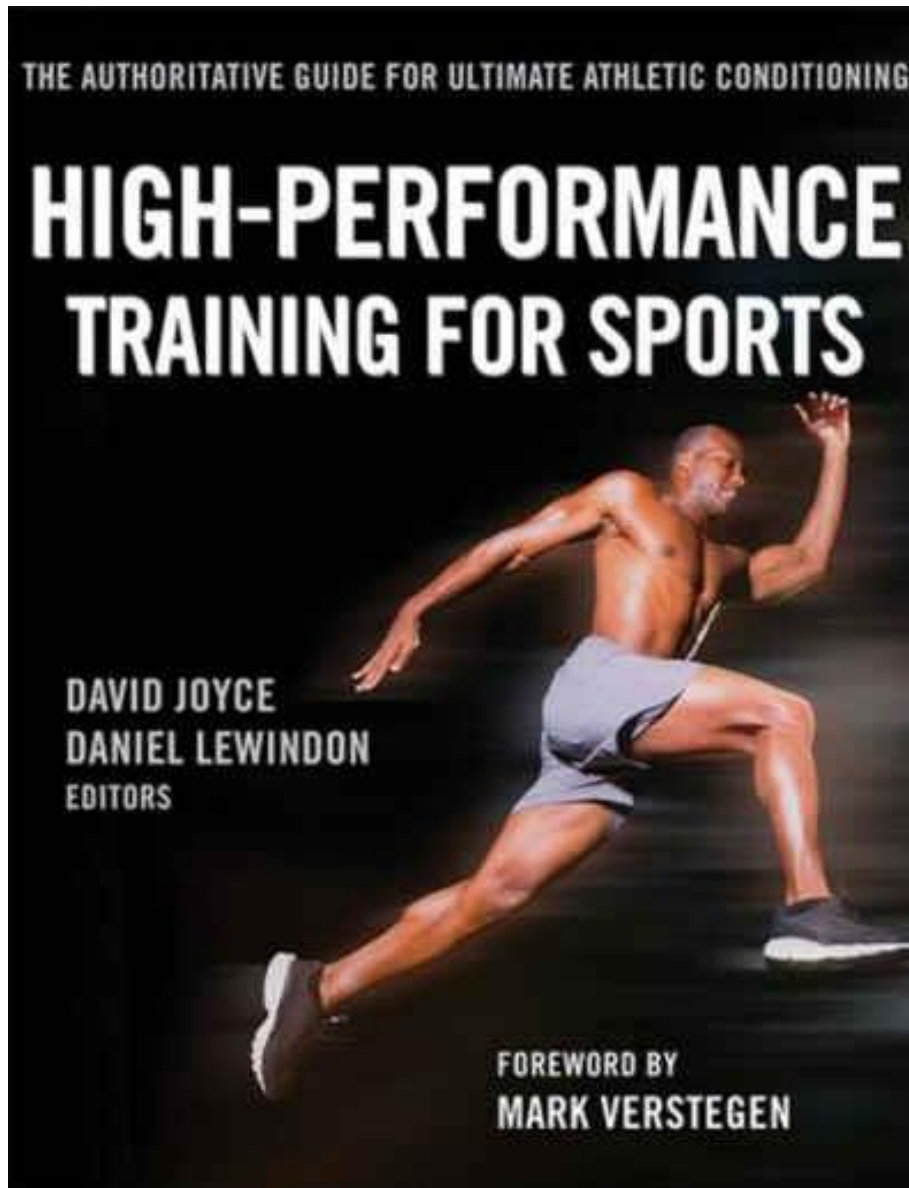
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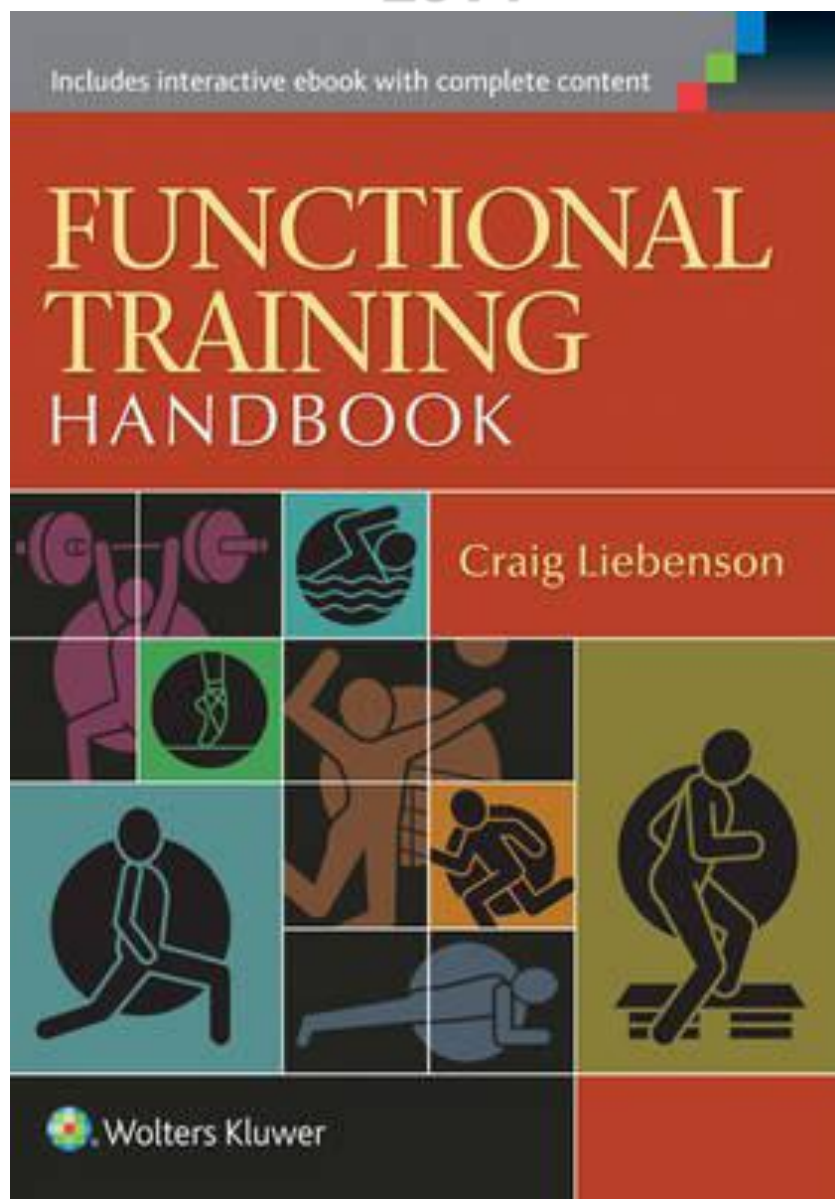
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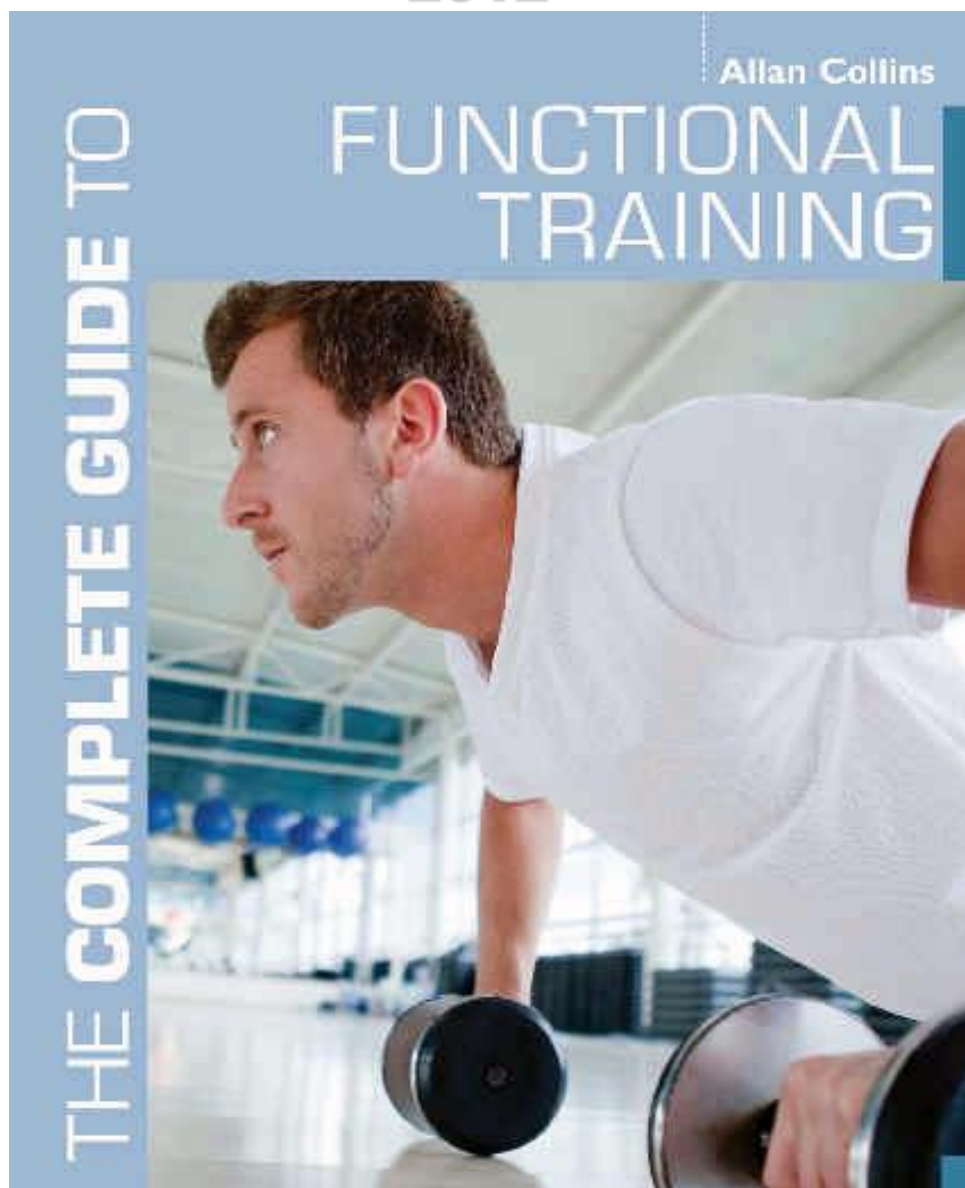
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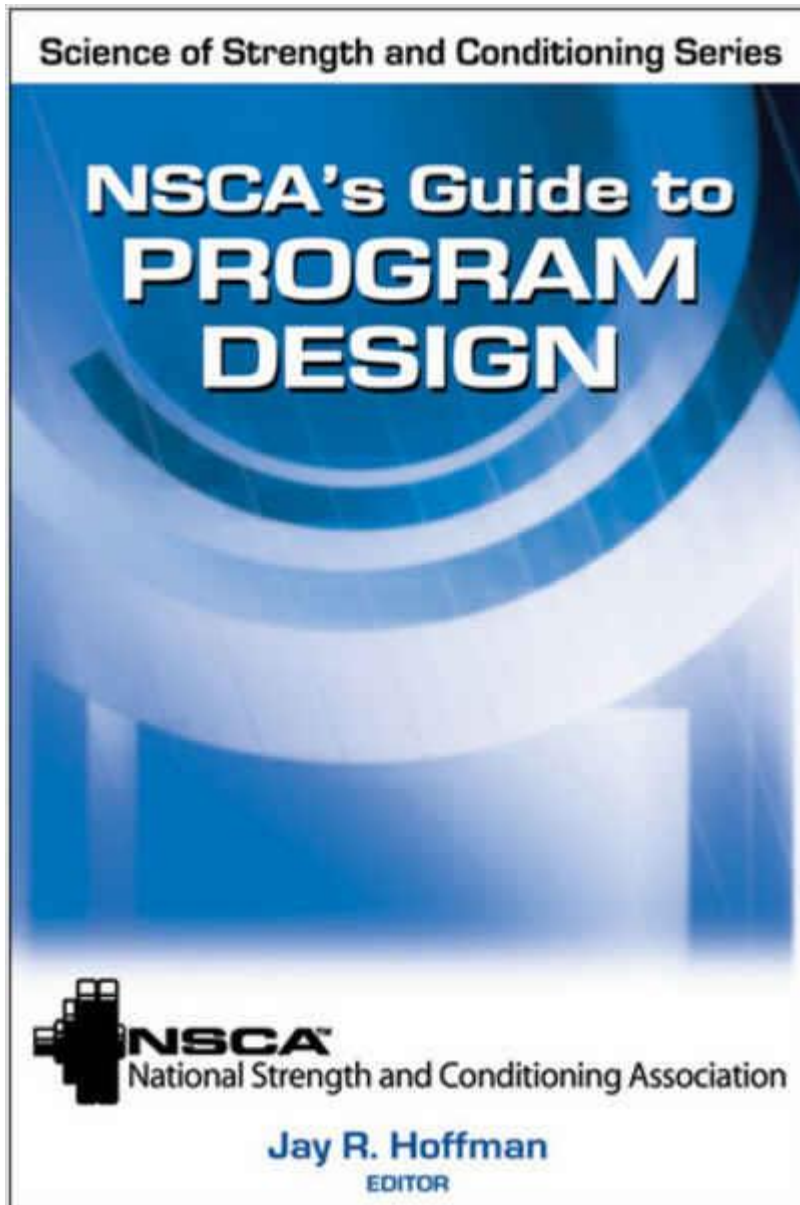
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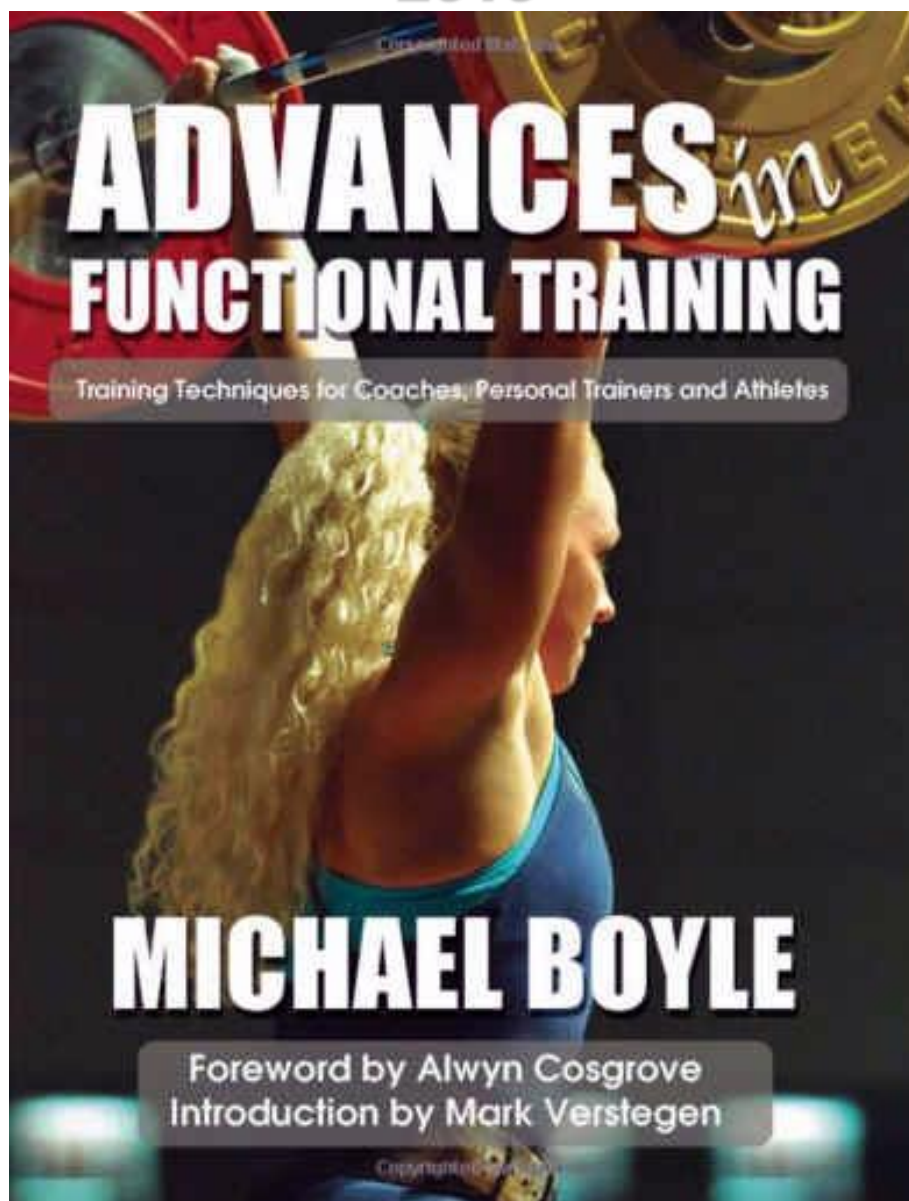
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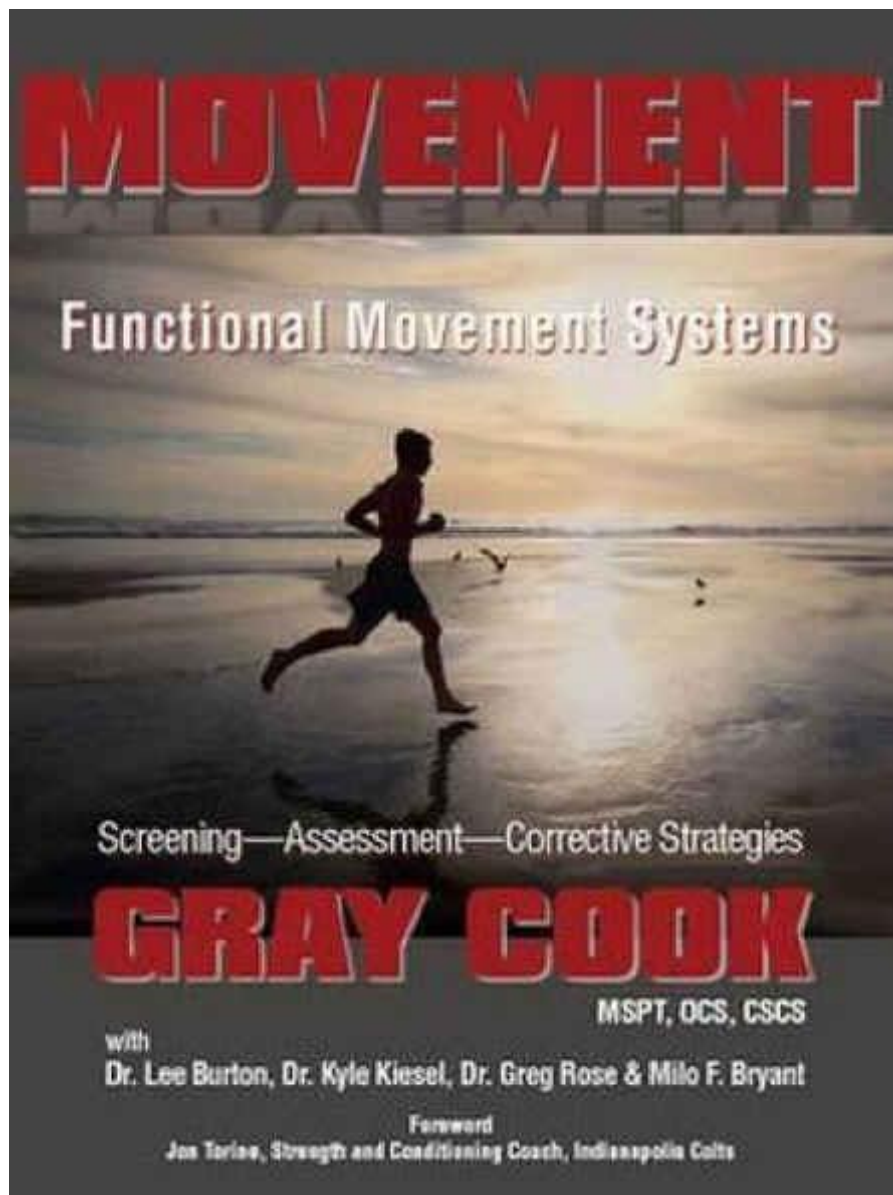
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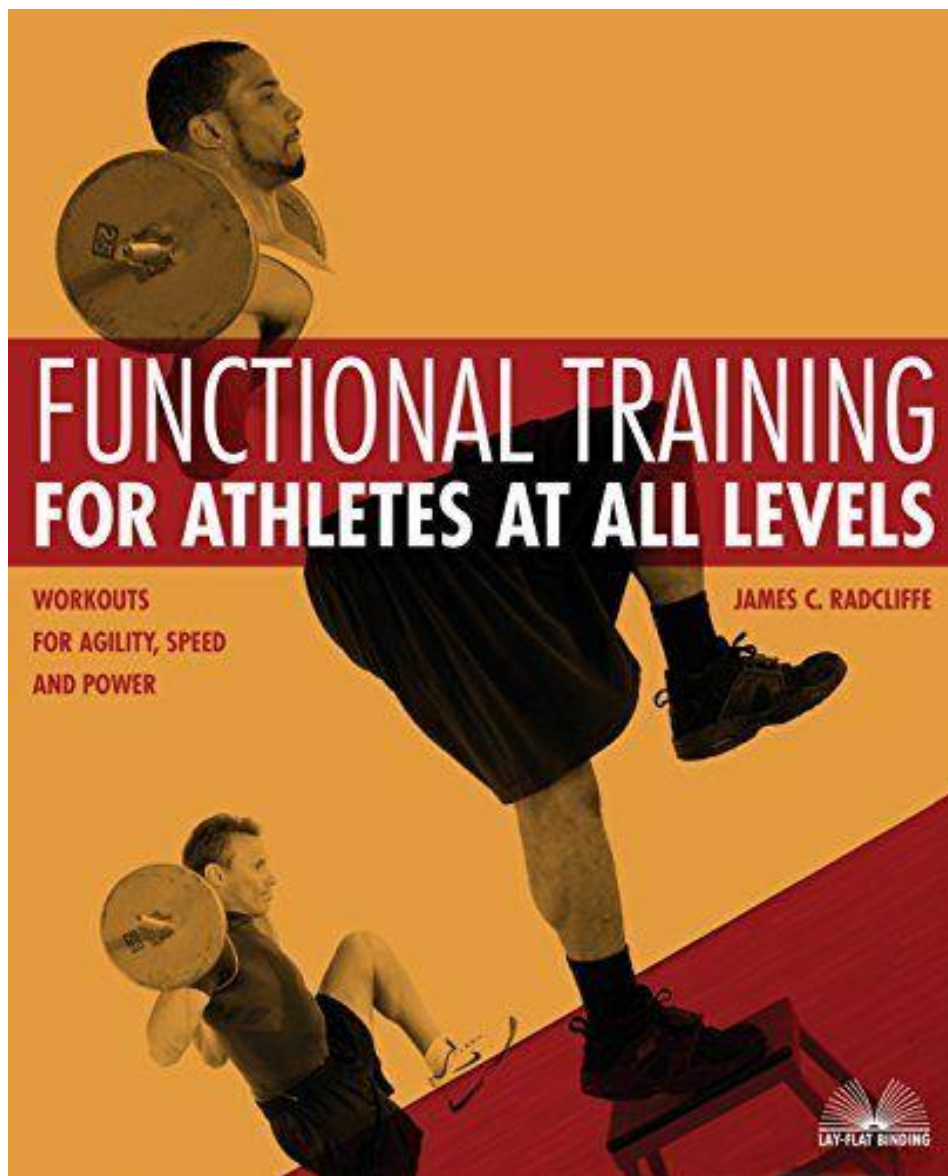
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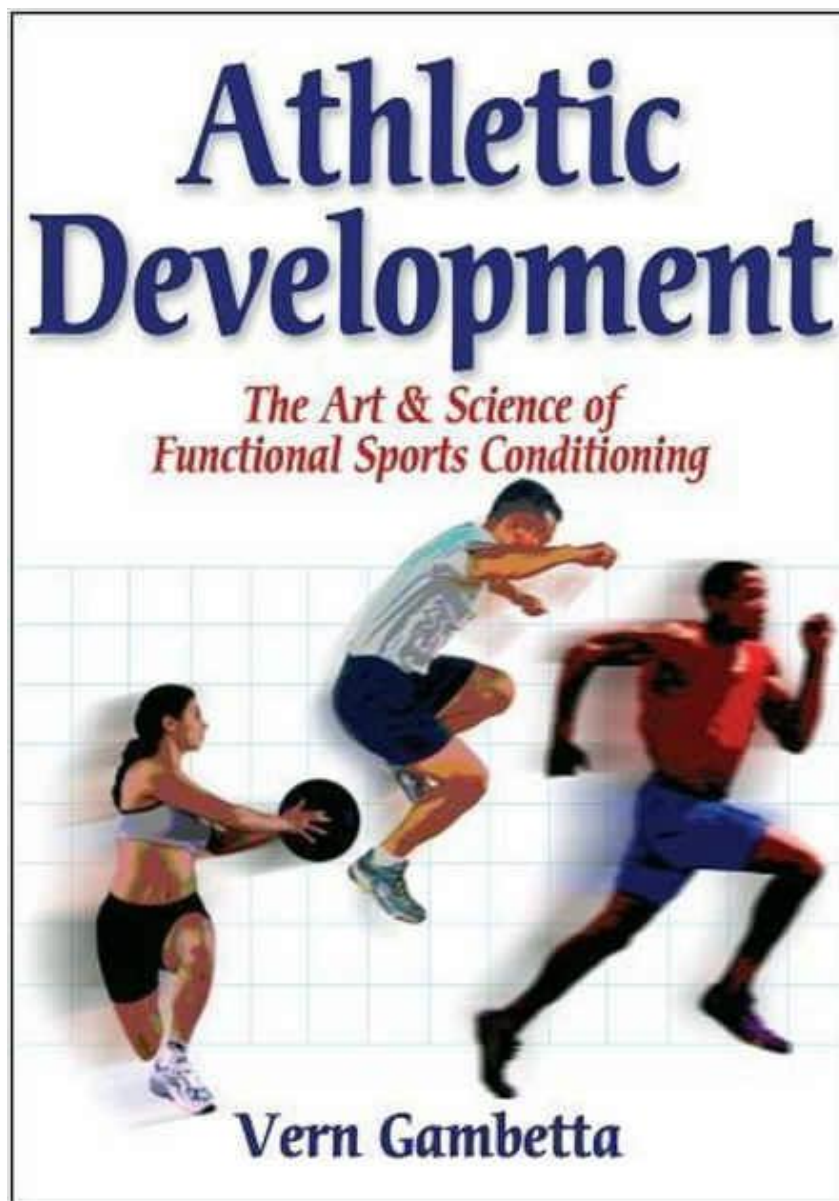
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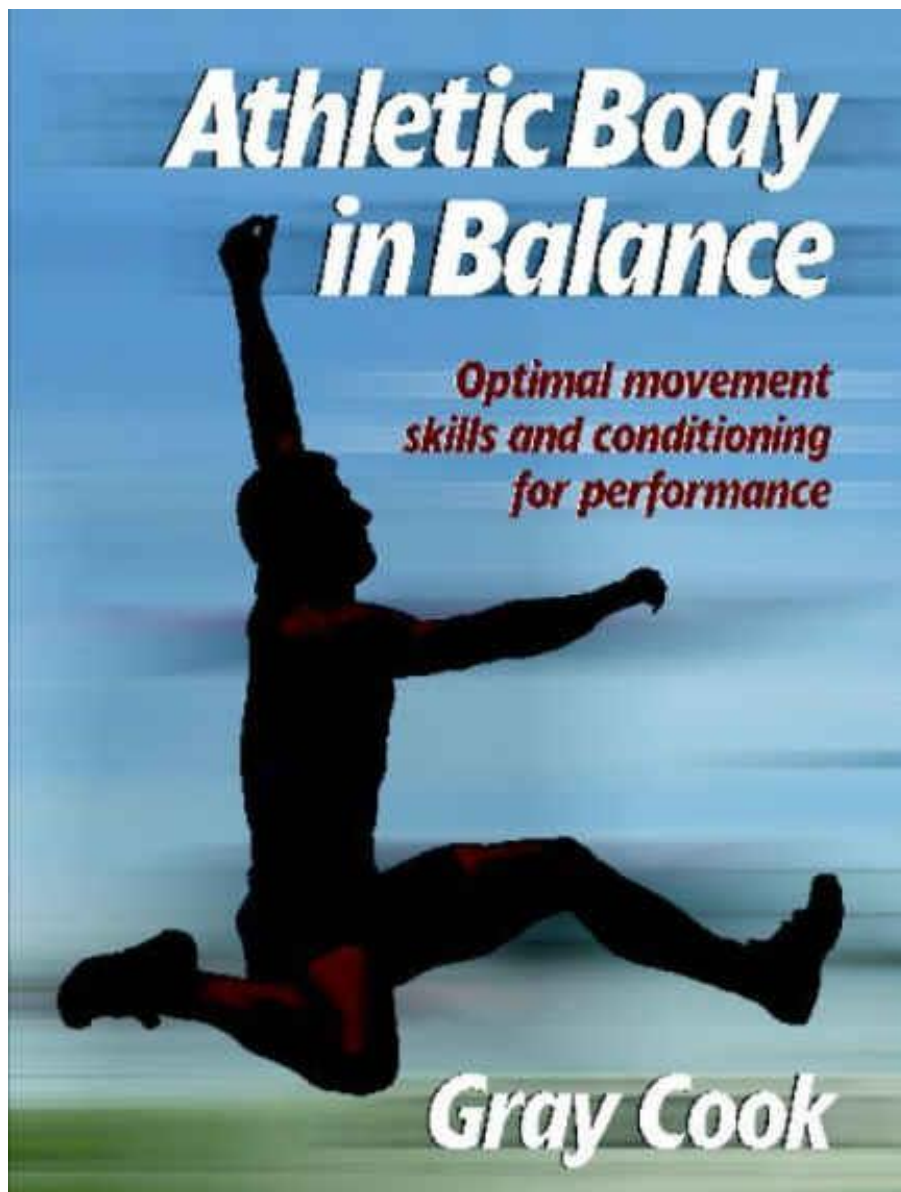
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FUSION WORKOUTS

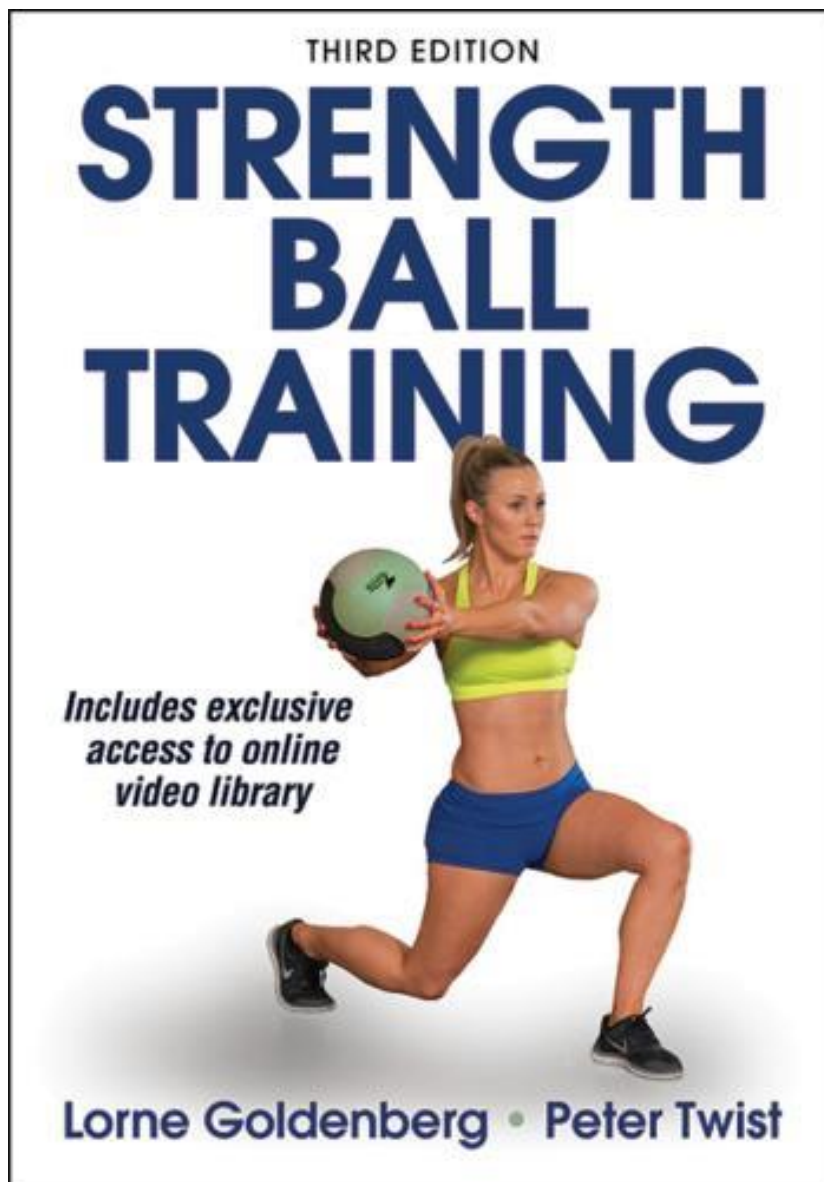
Fitness, Yoga, Pilates, and Barre



Helen Vanderburg

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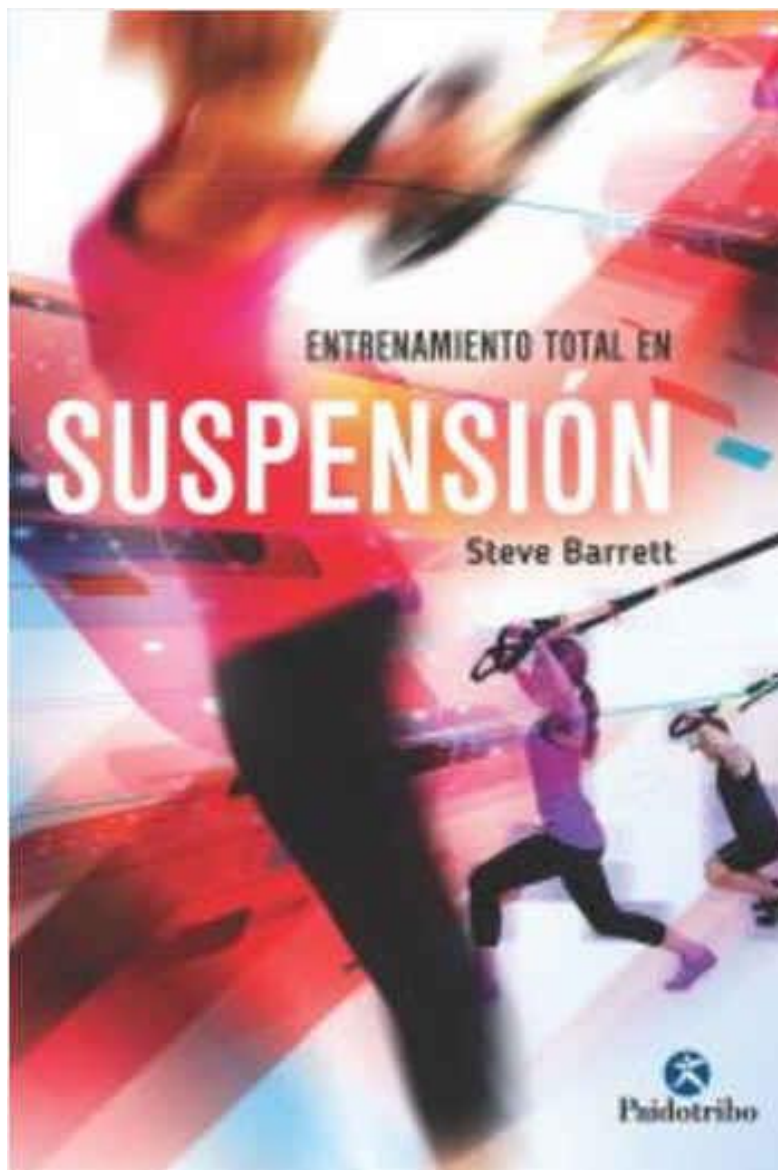
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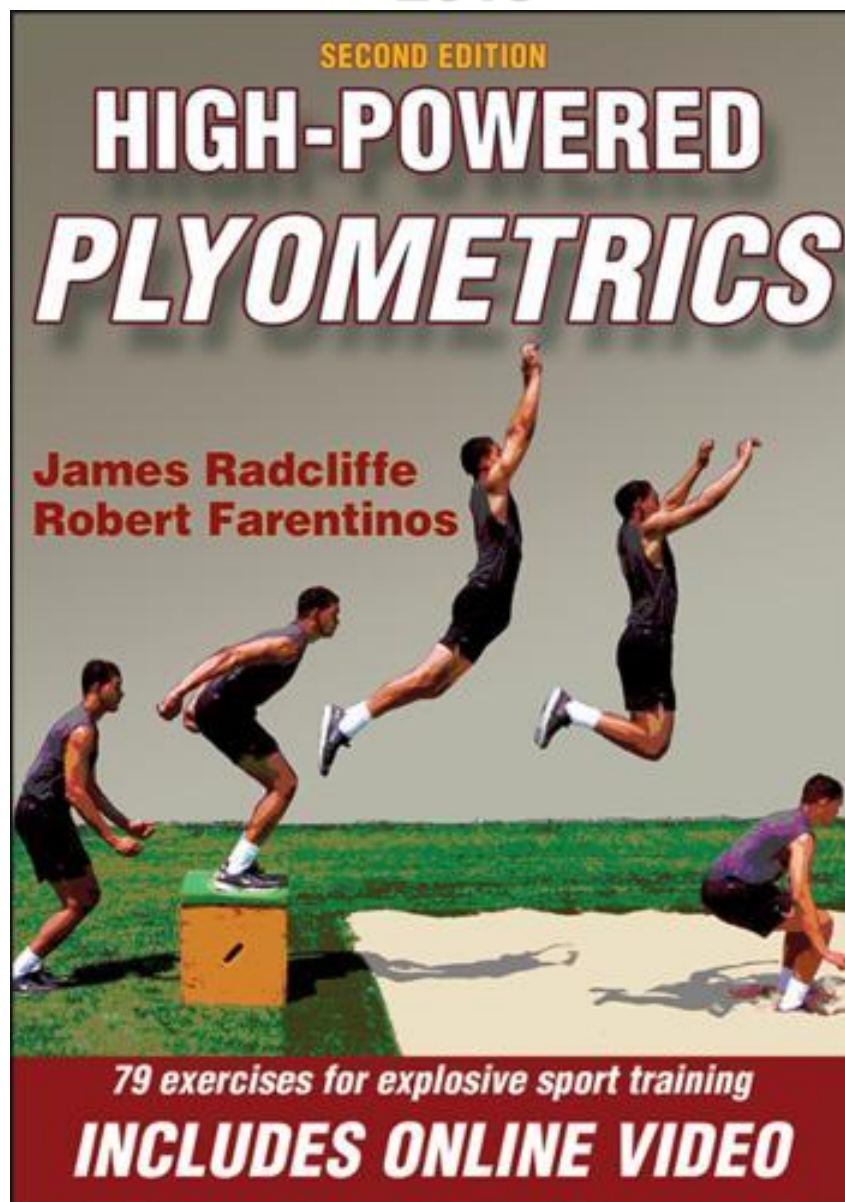
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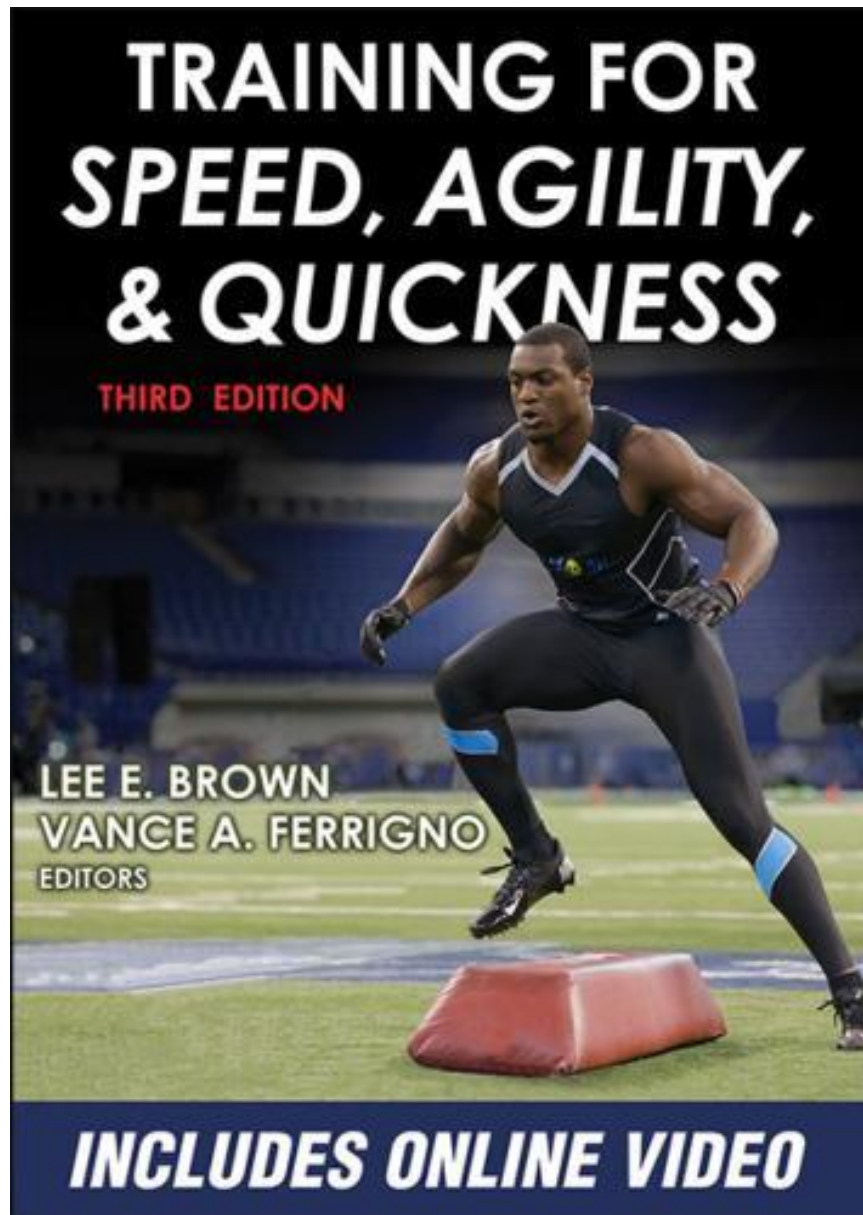
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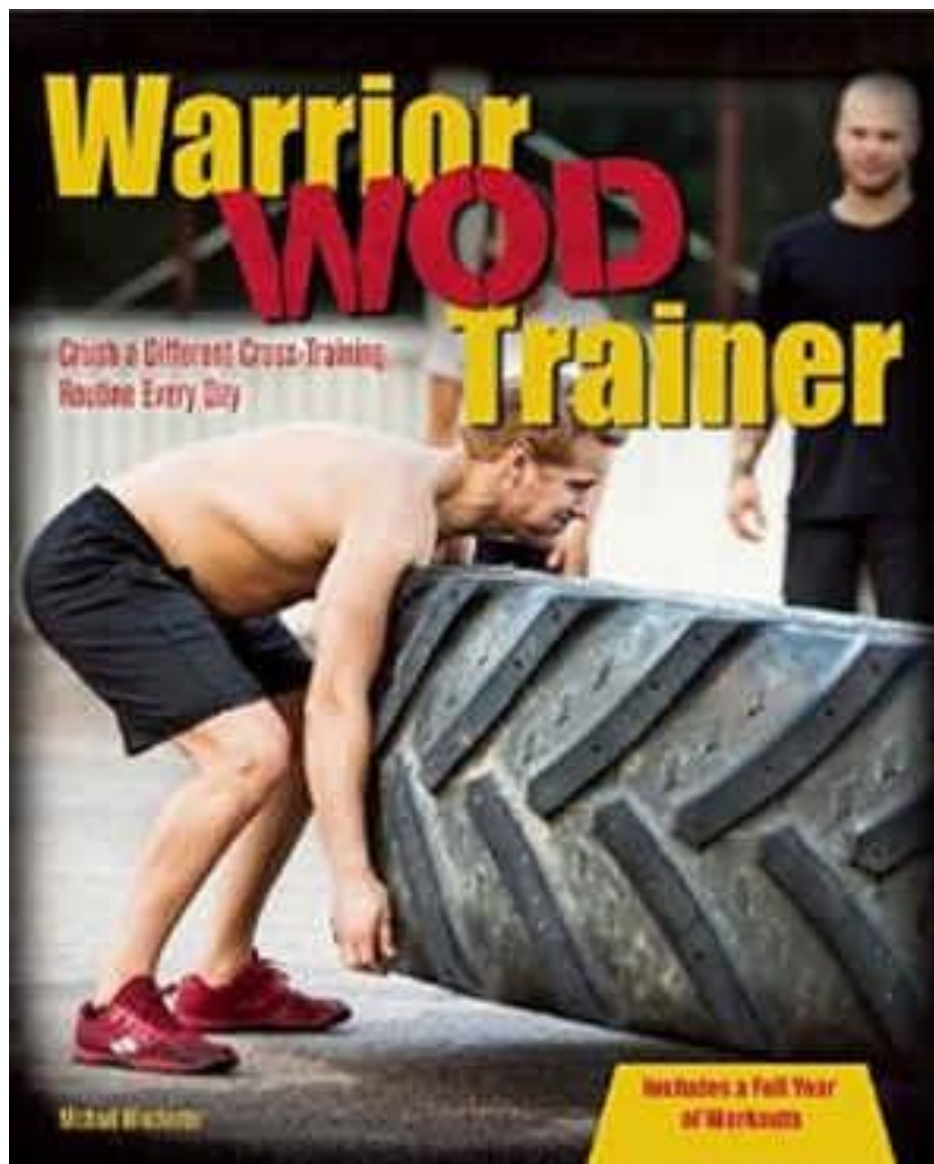
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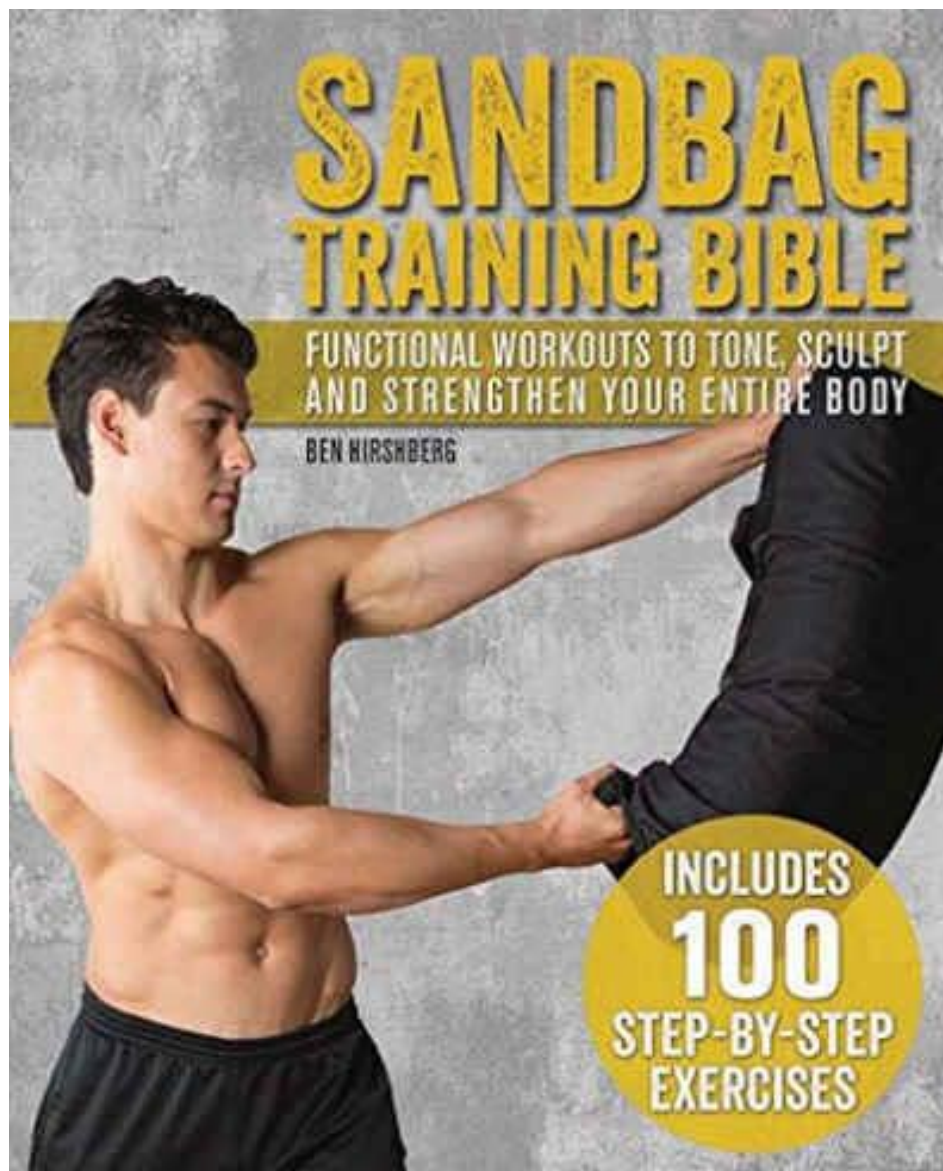
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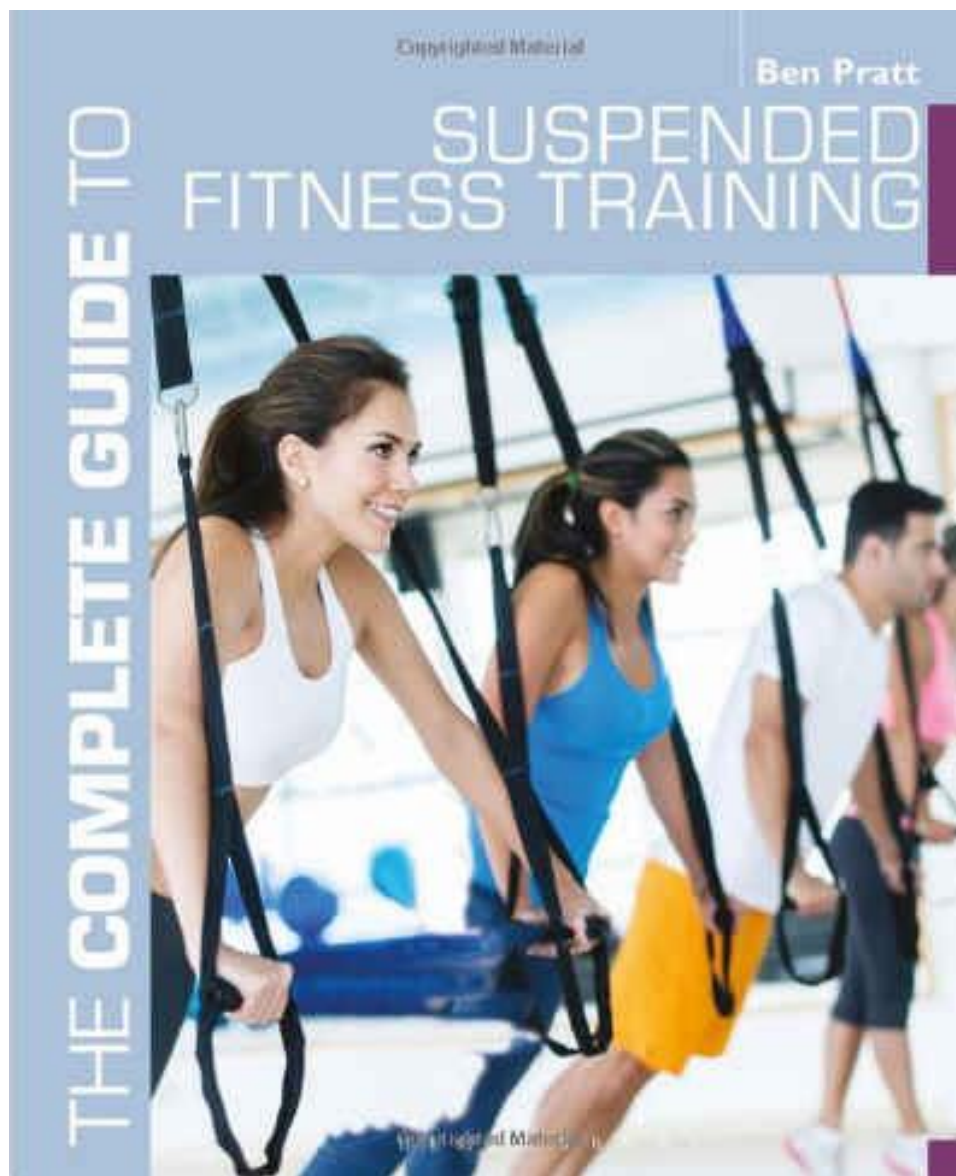
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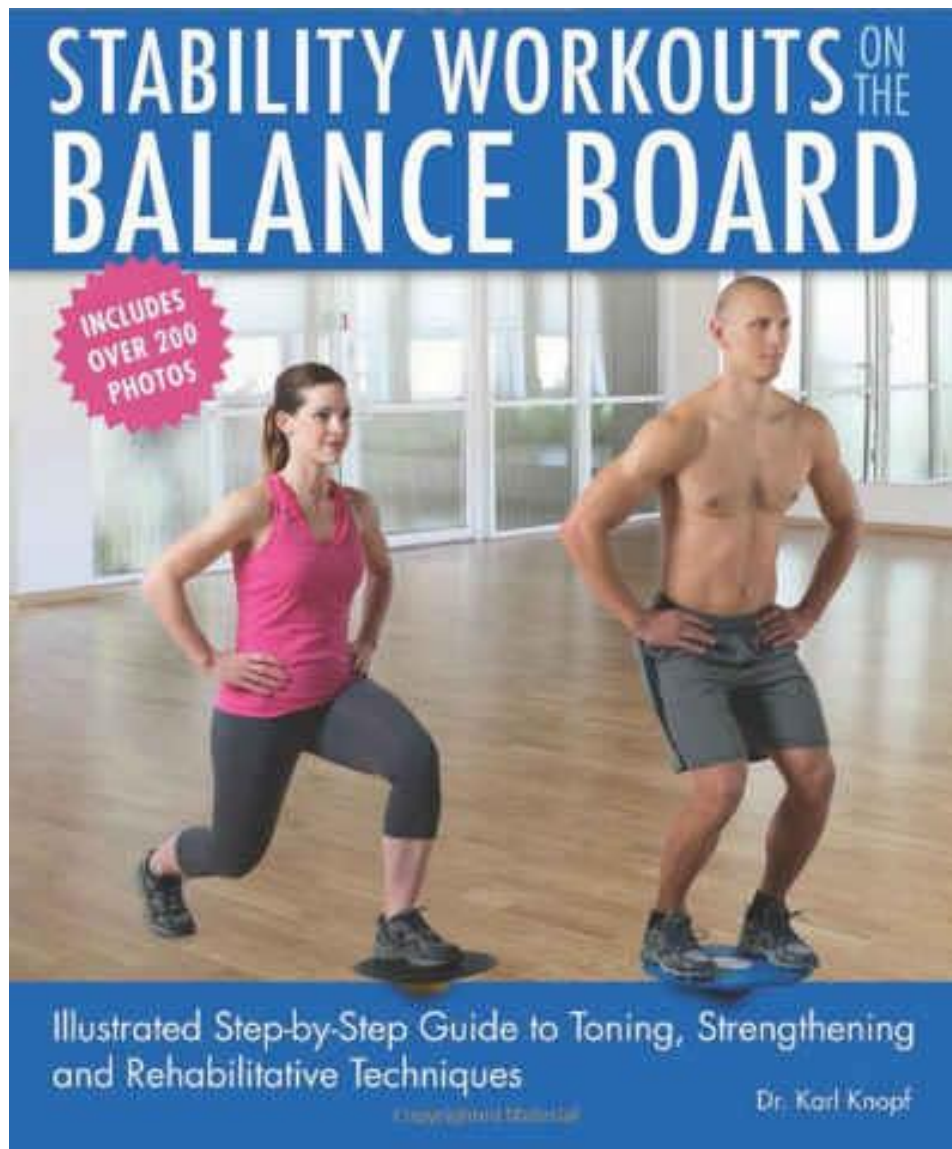
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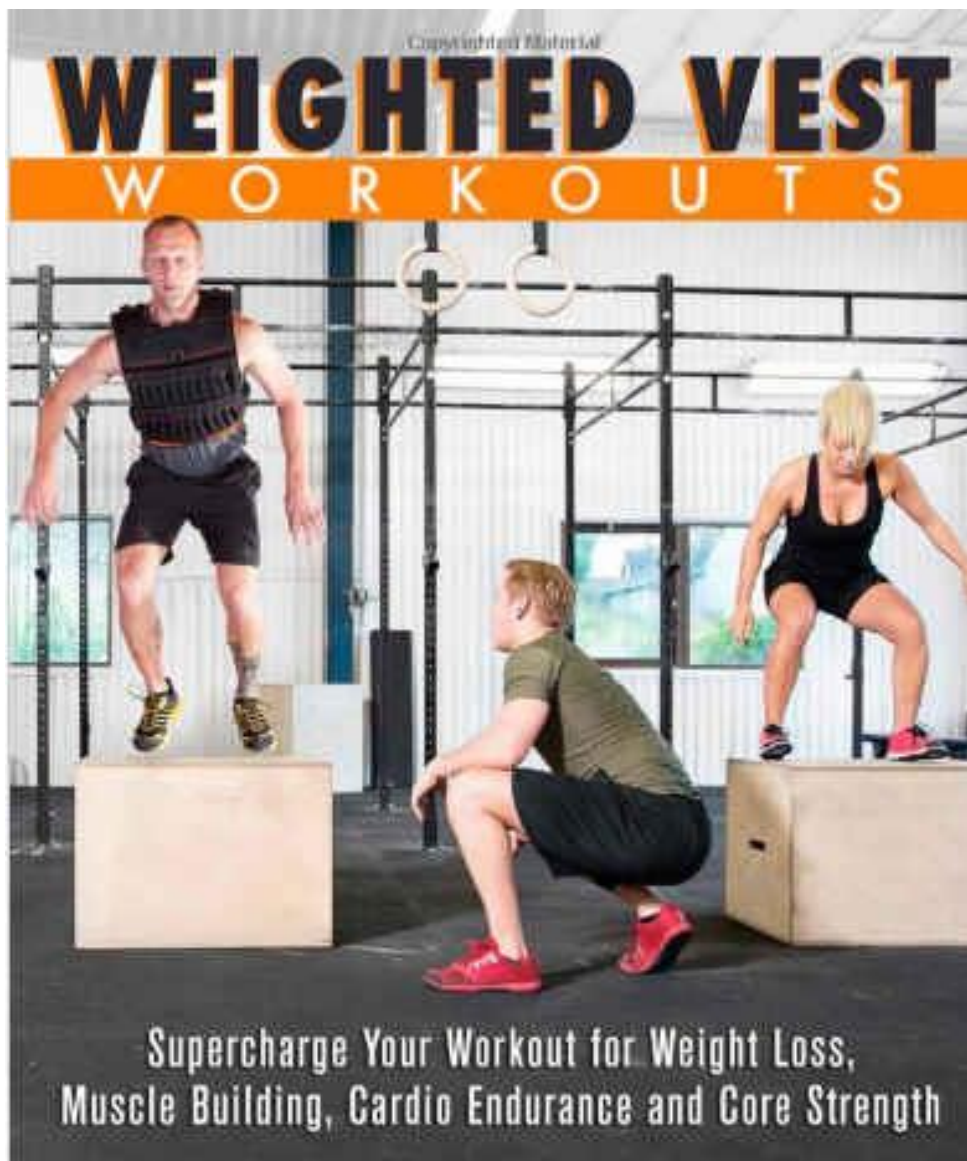
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KARINA INKSTER
FOAM ROLLING



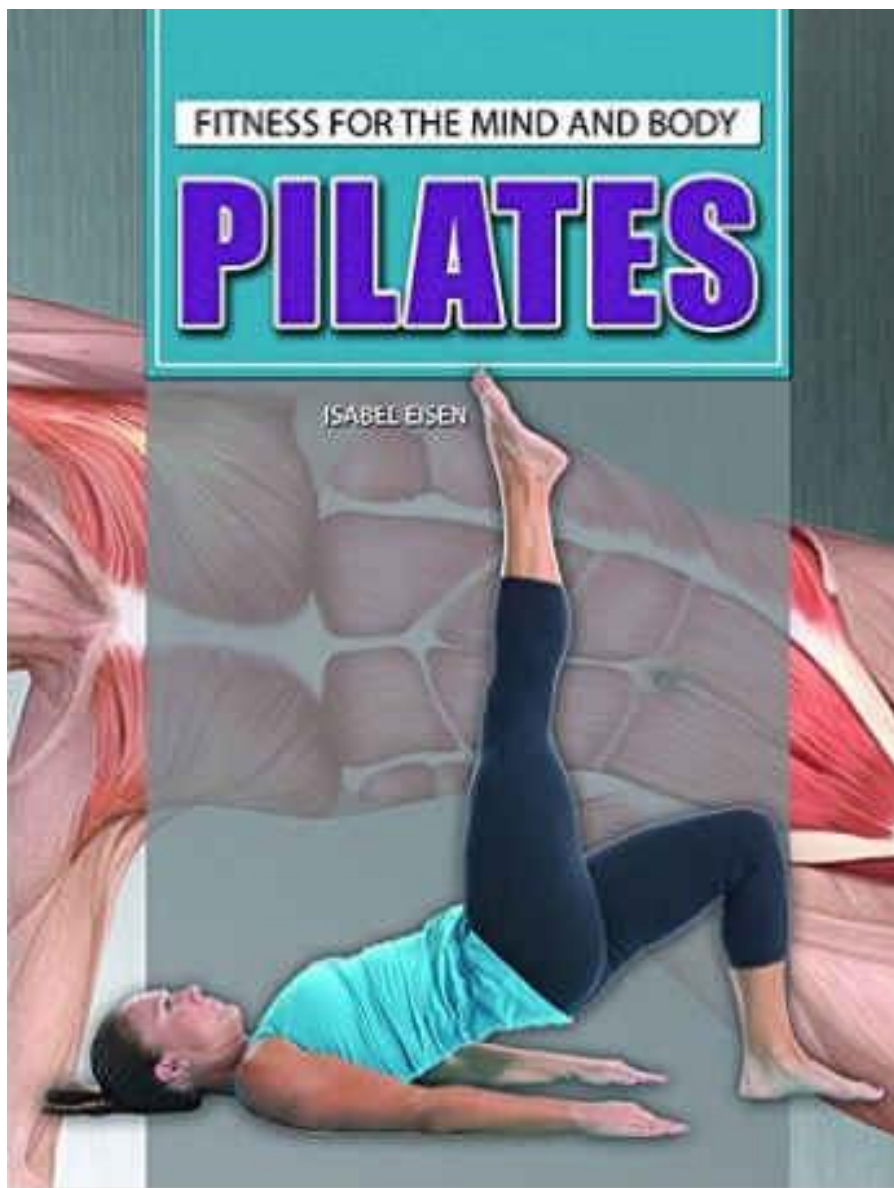
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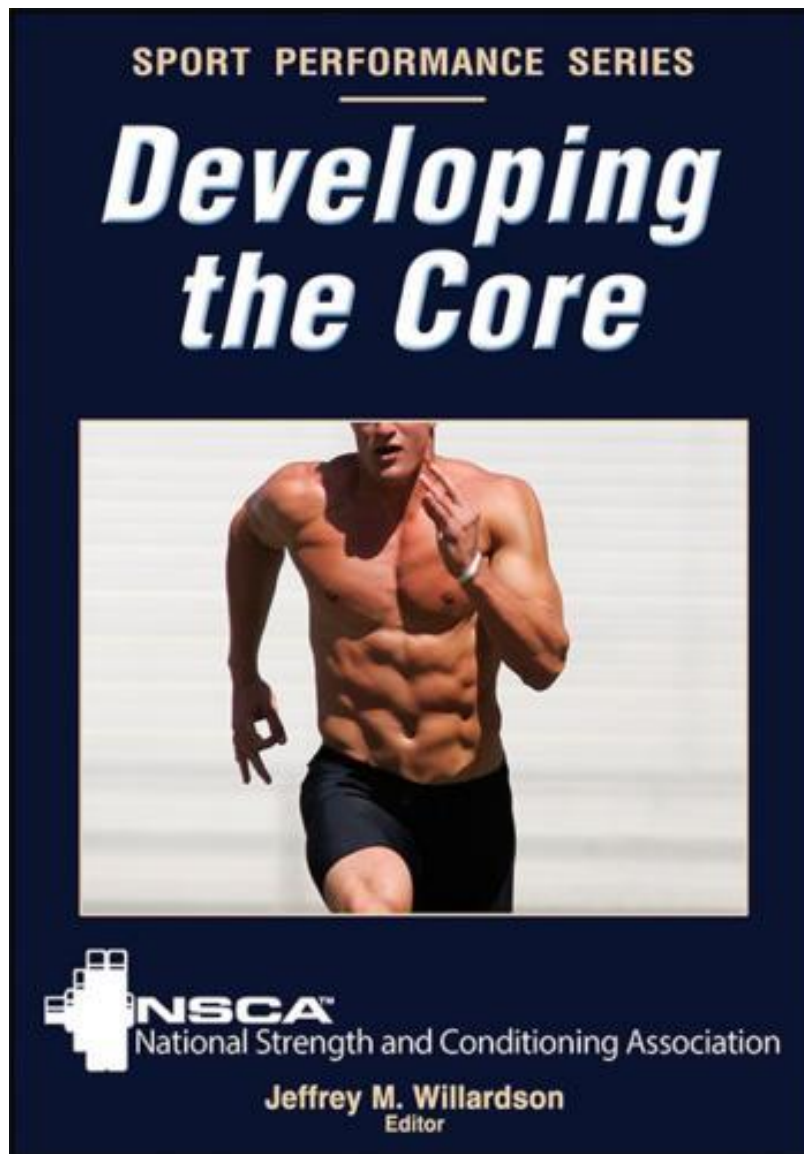
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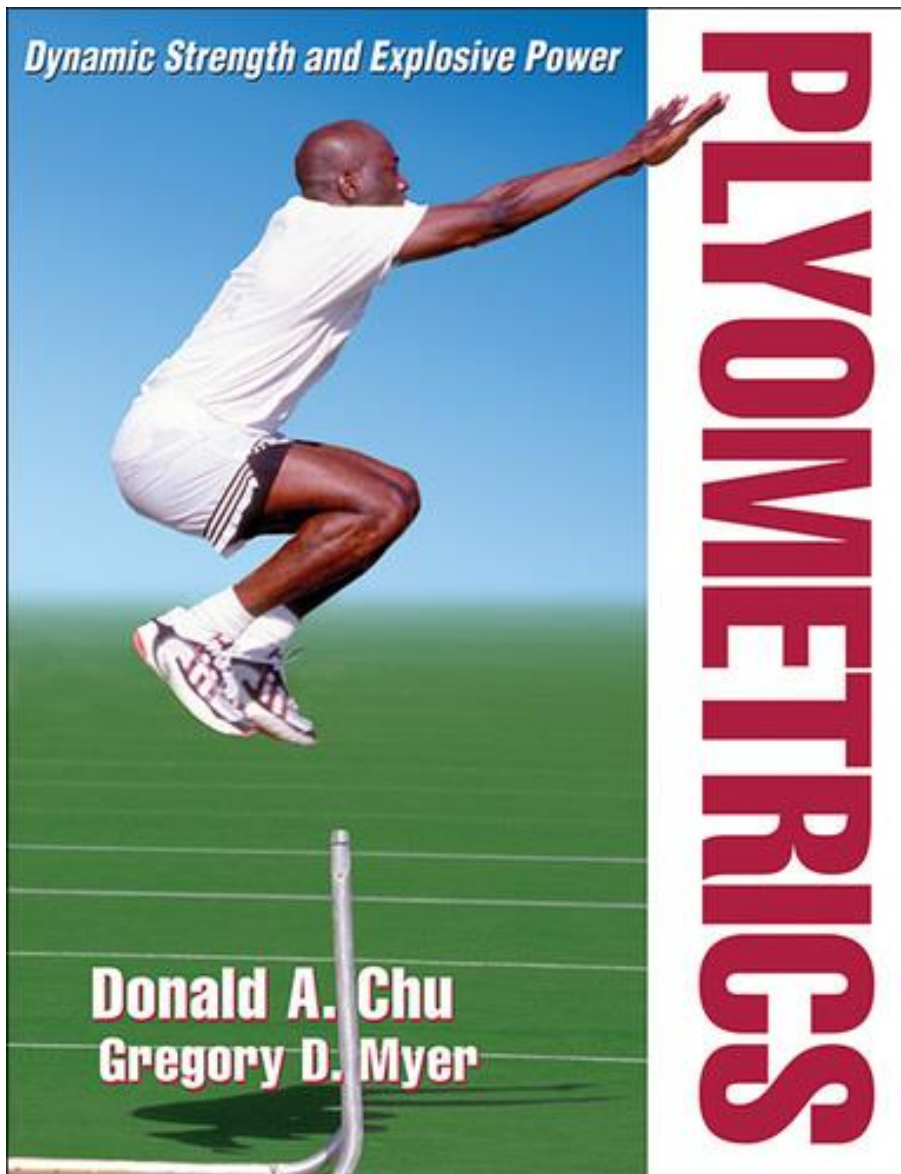
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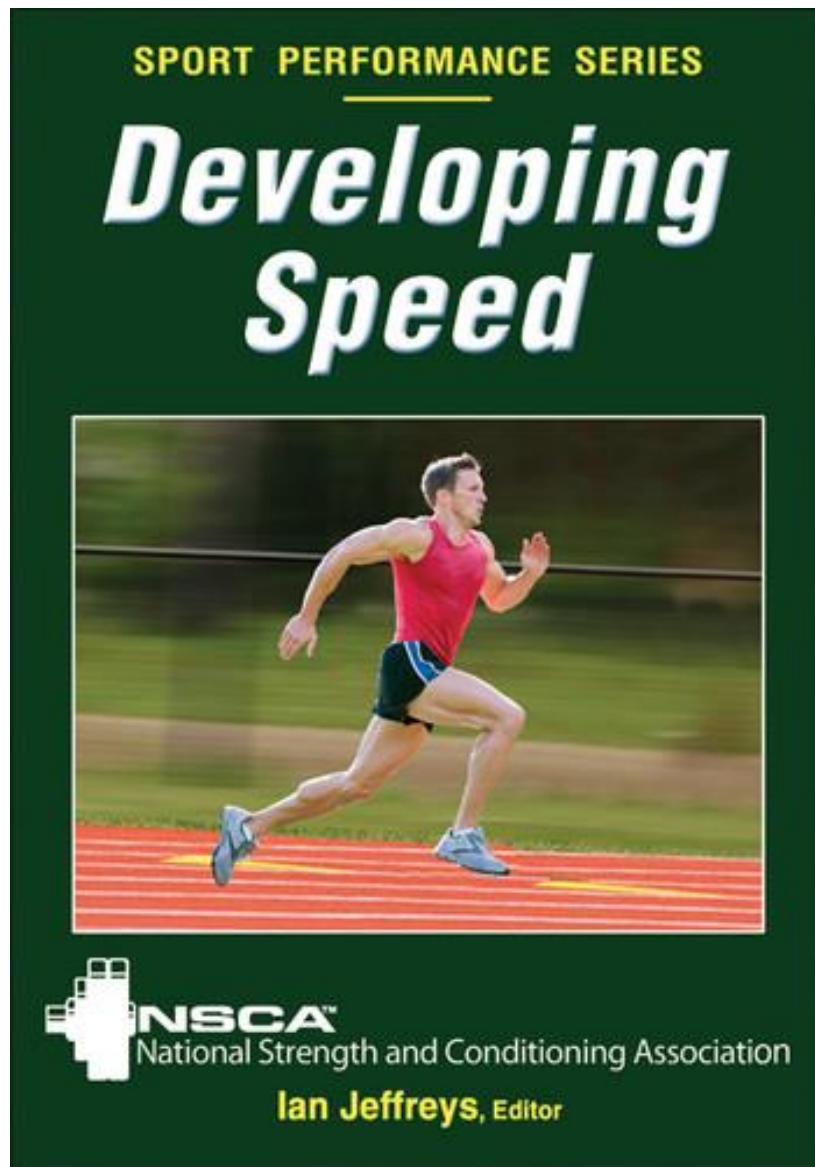
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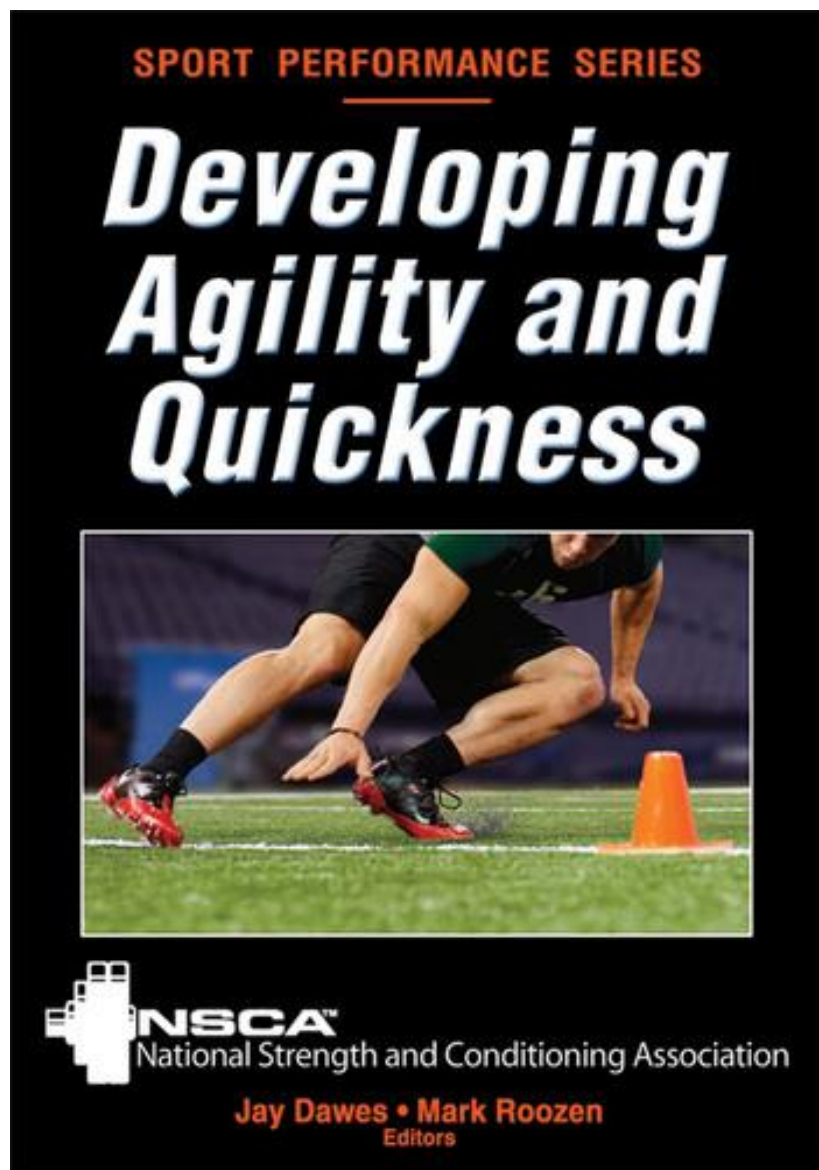
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Training for Sports Speed and Agility

An evidence-based approach

Paul Gamble

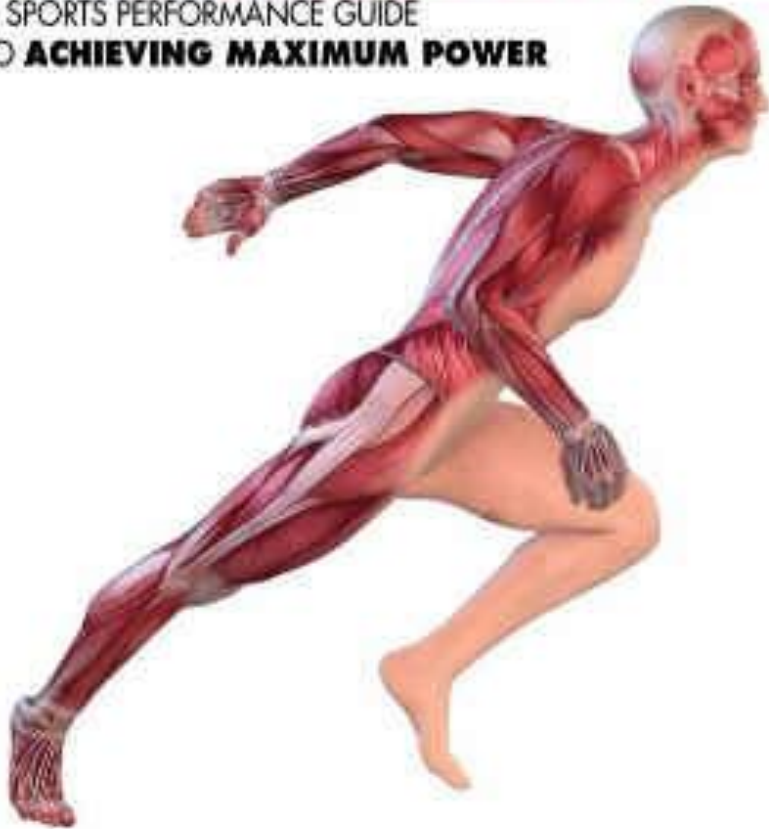


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The
POWERREVOLUTION

A SPORTS PERFORMANCE GUIDE
TO **ACHIEVING MAXIMUM POWER**



SCOTT O'DELL

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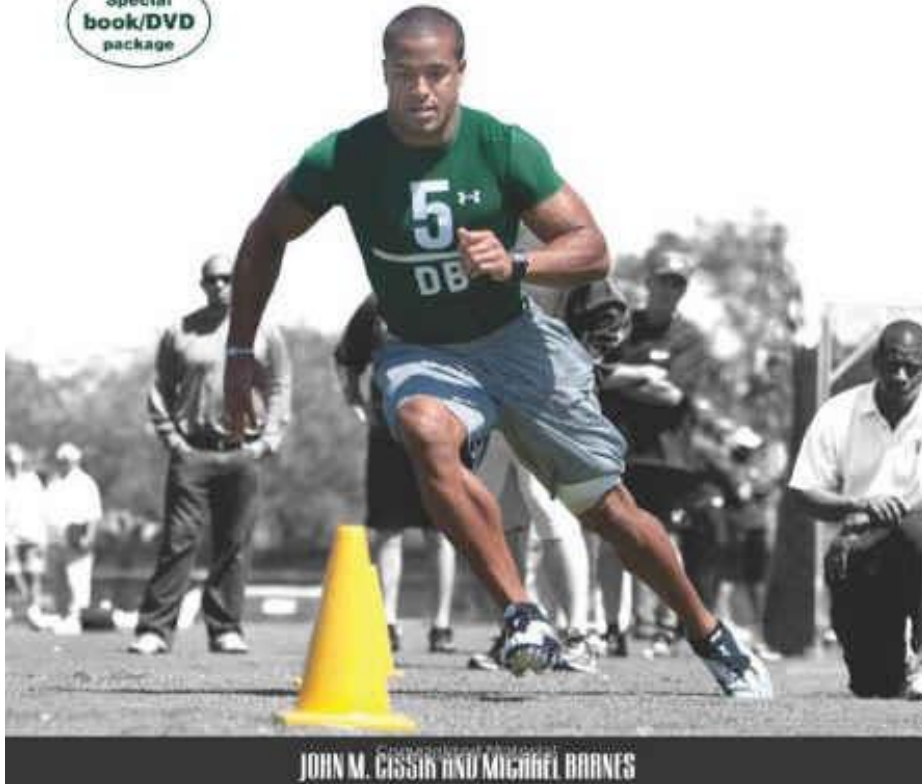
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Sport Speed and Agility Training

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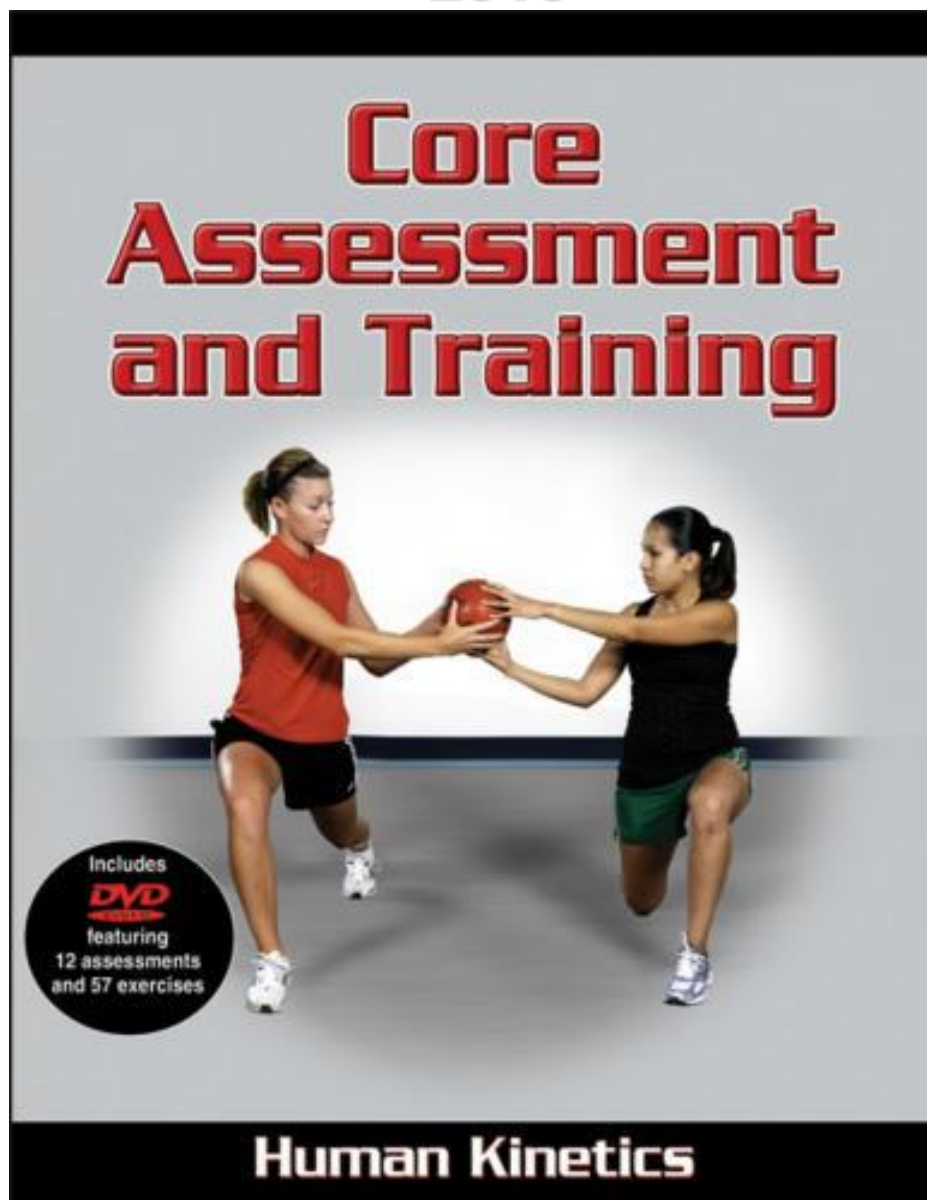
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book/DVD
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JOHN M. CISSIK AND MICHAEL BARNES

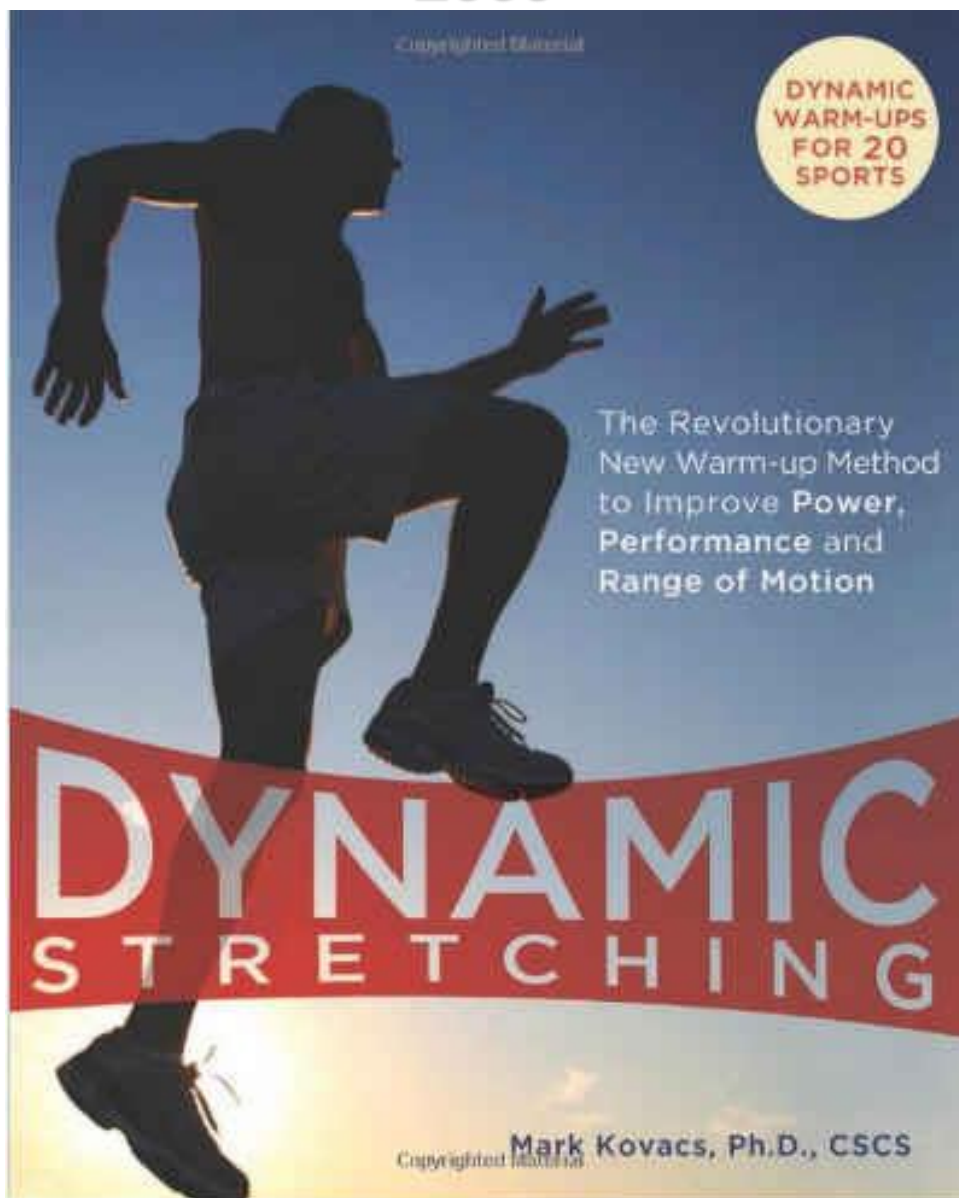
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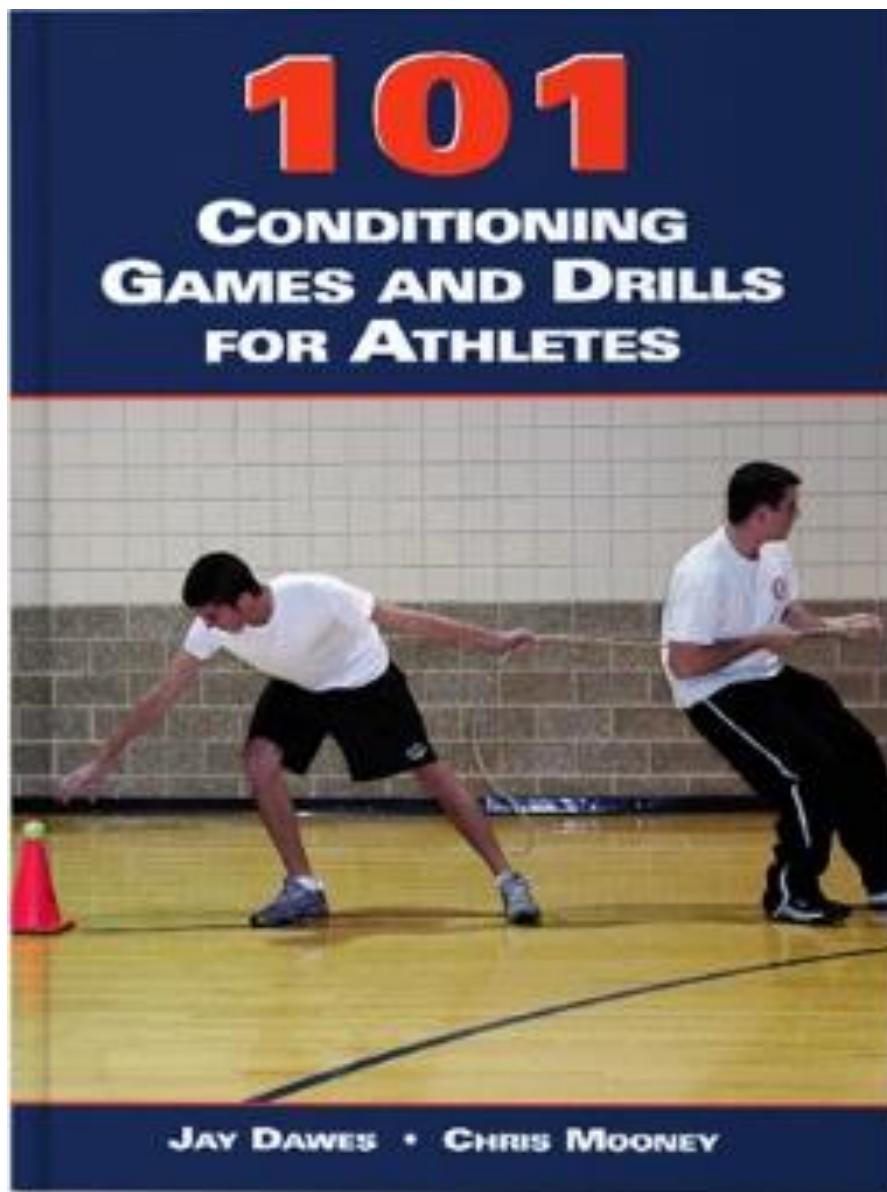
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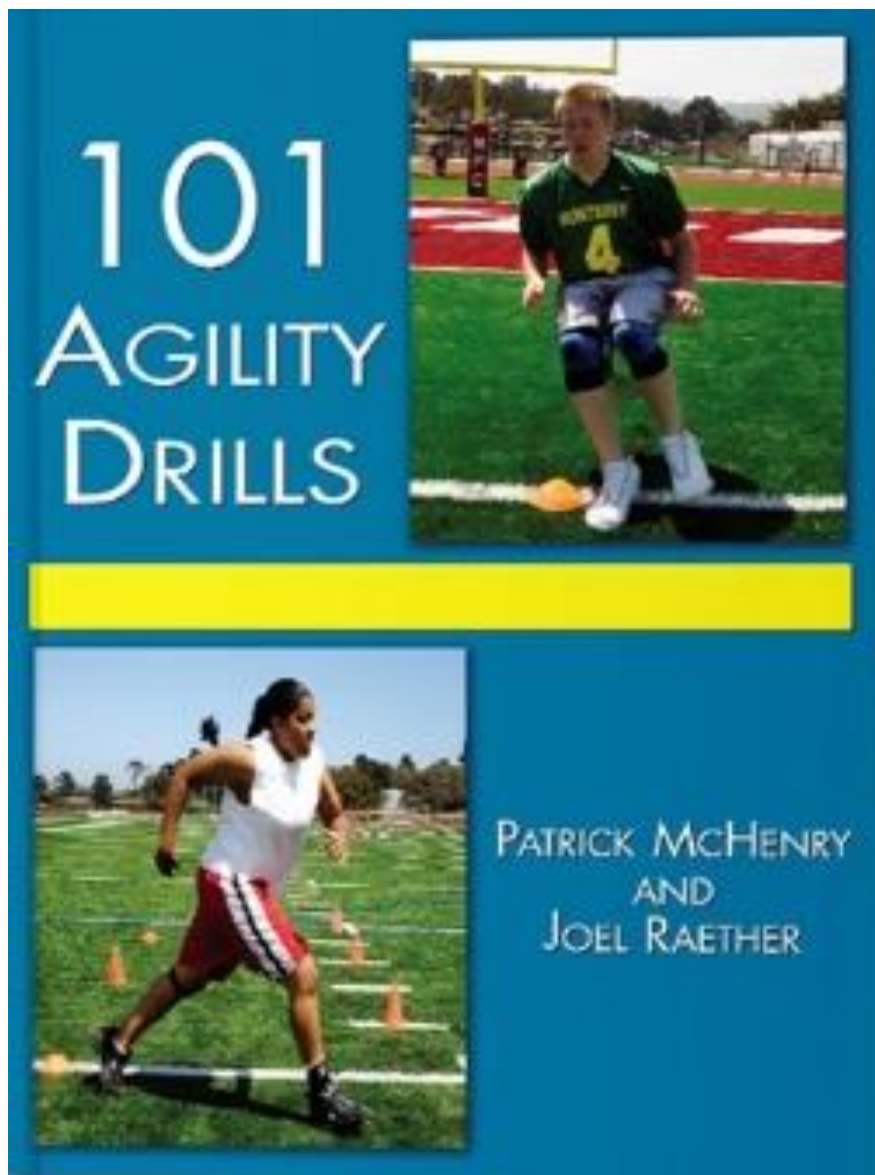
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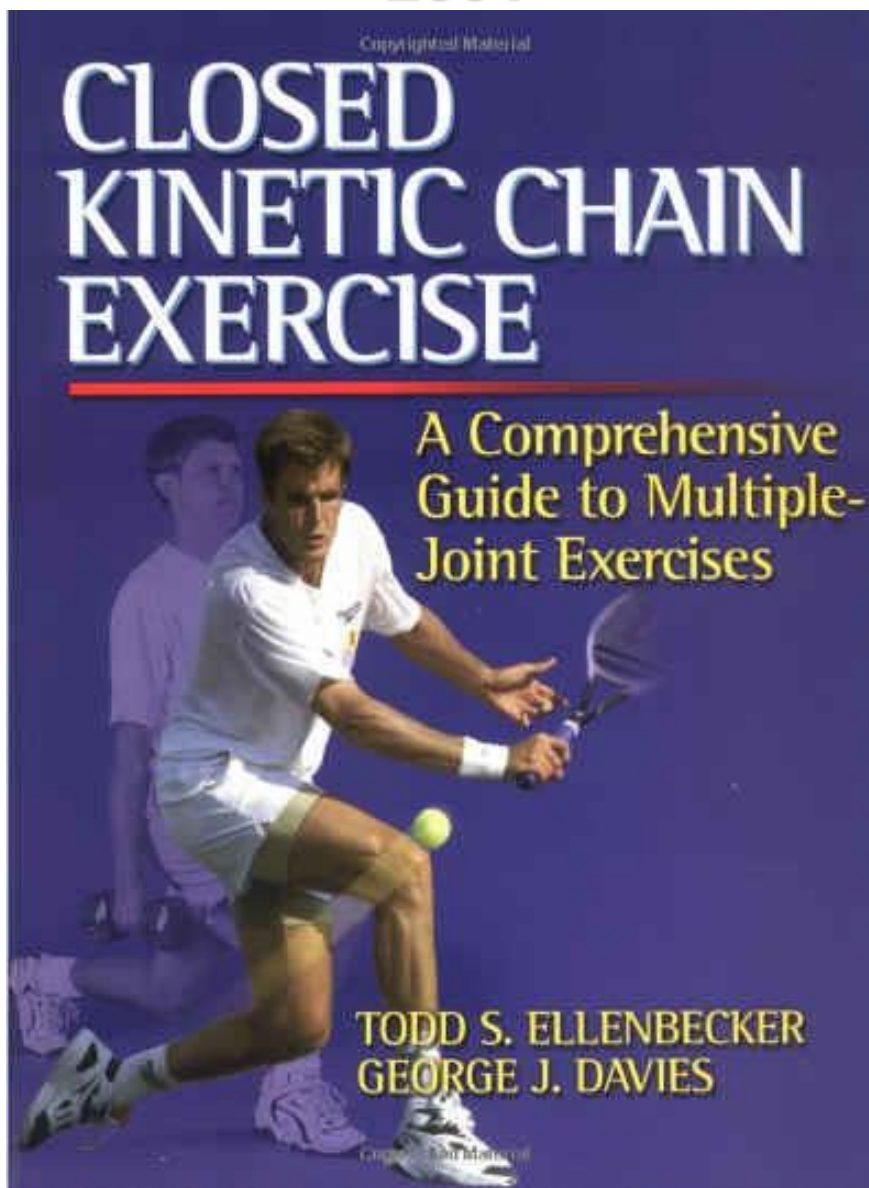
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Joint Exercises.***
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RECURSOS ACADÉMICOS:
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ARTÍCULOS DE REVISIÓN
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INVESTIGACIONES

Journal of Australian Strength and Conditioning

Review of the Literature

FUNCTIONAL MOVEMENT DEVELOPMENT FOR ATHLETIC PERFORMANCE

Strength & conditioning coach
Exercise physiologist

There is reason for implementing a movement screening model, as it may ascertain a benchmark for functional capability with which a strength and conditioning coach can then provide further exercise prescription over time and improve the likelihood of minimizing athletic injury and enhancing performance status longitudinally.

Webb, A. (2016). Functional movement development for athletic performance. *Journal of Australian Strength & Conditioning*, 24(3), 23-40. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

2016

What is functional training and is it right for you?

www.businessstoday.co.om/issues/50-TOP-COMPANIES-ON-MSM/What-is-functional-training-and-is-it-right-for-you



D'ewes, D. (2016). What is functional training and is it right for you?. *Businessstoday*, (210), 1-3. Recuperado de la base de datos de EBSCOhost (Business Source Complete)

Integrative Neuromuscular Training and Injury Prevention in Youth Athletes. Part I: Identifying Risk Factors

Prevention, Waltham, Massachusetts

48. Recuperado de http://www.revdesportiva.pt/files/para_publicar/Integrative_Neuromuscular_Training_and_Injury.5.pdf



MILITARY MEDICINE, 181, 7:627, 2016

2016

Is High-Intensity Functional Training (HIFT)/CrossFit Safe for Military Fitness Training?

Walker S. C. Poston, PhD, MPH; Christopher K. Haddock, PhD, PStat, NSCA-CPT;
Katie M. Heinrich, PhD†; Sara A. Jahnke, PhD*; Nattinee Jitnarin, PhD*;
COL David B. Batchelor, IN USA (Ret.)‡*

ABSTRACT High-intensity functional training (HIFT) is a promising fitness paradigm that gained popularity among military populations. Rather than biasing workouts toward maximizing fitness domains such as aerobic endurance, HIFT workouts are designed to promote general physical preparedness. HIFT programs have proliferated as a result of concerns about the relevance of traditional physical training (PT), which historically focused on aerobic condition via running. Other concerns about traditional PT include: (1) the relevance of service fitness tests given current combat demands, (2) the perception that military PT is geared toward passing service fitness tests, and (3) that training for combat requires more than just aerobic endurance. Despite its popularity in the military, concerns have been raised about HIFT's injury potential, leading to some approaches being labeled as "extreme conditioning programs" by several military and civilian experts. Given HIFT programs' popularity in the military and concerns about injury, a review of data on HIFT injury potential is needed to inform military policy. The purpose of this review is to: (1) provide an overview of scientific methods used to appropriately compare injury rates among fitness activities and (2) evaluate scientific data regarding HIFT injury risk compared to traditional military PT and other accepted fitness activities.

Poston, W. C., Haddock, C. K., Heinrich, K. M., Jahnke, S. A., Jitnarin, N., & Batchelor, D. B. (2016). Is High-intensity functional training (HIFT)/CrossFit safe for military fitness training?. *Military Medicine*, 181(7), 627-637. doi:10.7205/MILMED-D-15-00273. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

2015



THE MOVEMENT-BASED PROGRAMMING METHOD FOR SELECT POPULATIONS

by Matt King, M.Ed., CSCS and Dixie Stanforth, Ph.D.

King, M., & Stanforth, D. (2015). The movement-based programming method for select populations. *ACSM's Health & Fitness Journal*, 19(1), 17-22. Recuperado de [http://journals.lww.com/acsm-healthfitness/Fulltext/2015/01000/THE MOVEMENT BASED PROGRAMMING METHOD FOR SELECT.6.aspx](http://journals.lww.com/acsm-healthfitness/Fulltext/2015/01000/THE_MOVEMENT_BASED_PROGRAMMING_METHOD_FOR_SELECT.6.aspx)

2015

ARTICLE

Neuromuscular Exercise as Treatment of Degenerative Knee Disease

Eva Ageberg¹ and Ewa M. Roos²

¹Department of Health Sciences, Lund University, Lund, Sweden; and ²Institute of Sports and Clinical Biomechanics, University of Southern Denmark, Odense, Denmark

AGEBERG, E. and E.M. ROOS. Neuromuscular exercise as treatment of degenerative knee disease. *Exerc. Sport Sci. Rev.*, Vol. 43, No. 1, pp. 14–22, 2015. *Exercise is recommended as first-line treatment of degenerative knee disease. Our hypothesis is that neuromuscular exercise is feasible and at least as effective as traditionally used strength or aerobic training but aims to target more closely the sensorimotor deficiencies and functional instability associated with the degenerative knee disease than traditionally used training methods.*

Key Words: exercise therapy, knee joint, osteoarthritis, patient-reported outcomes, performance-based measures

Ageberg, E., & Roos, E. M. (2015). Neuromuscular exercise as treatment of degenerative knee disease. *Exercise & Sport Sciences Reviews*, 43(1), 14-22. Recuperado de http://journals.lww.com/acsm-essr/Fulltext/2015/01000/Neuromuscular_Exercise_as_Treatment_of.5.aspx

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Entrenamiento integrado. Principios dinámicos y aplicaciones

Natàlia Balagué Serre
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2014

Fitness Focus

Copy-and-Share by Brad A. Roy, Ph.D., FACSM, FACHE

FUNctional Exercise Training

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Functional fitness training is one of the hottest trends in the fitness arena today, earning the number 8 spot in ACSM's worldwide survey of fitness trends for 2014. Many fitness clubs have implemented classes that incorporate functional movements, whereas programs such as CrossFit, P90X, Core Performance, and others have gained wide popularity. Some people have even designed their own backyard obstacle courses and events that require total body conditioning (e.g., the Spartan Race), and these events have brought flocks of people to the starting line.

weekend of yard work, participating in a softball game, or simply demonstrating to a youth soccer team how to change directions while moving the ball downfield.

Participation in functional exercise activities also will help minimize declines in strength, coordination, balance, and many other functional attributes associated with aging. Annually, numerous people incur severe injuries because of trips and falls. Many of these events could be prevented by including patterns of movement in an exercise program that develop kinesthetic awareness, body control, and balance. On the other end of the

Roy, B. A. (2014). FUNctional exercise training. *ACSM's Health & Fitness Journal*, 18(3), 3. Recuperado de http://journals.lww.com/acsm-healthfitness/Fulltext/2014/05000/FUNctional_Exercise_Training.3.aspx

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Systematic review of functional training on muscle strength, physical functioning, and activities of daily living in older adults

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2014

BY MICHOL DALCOURT

Loaded Movement Training

Back in Canada, when my colleagues and I developed strength and fitness programs for hockey athletes, we began to notice something fascinating: Farm kids had distinct advantages when their “farm strength” was transferred to the ice. These young athletes were stronger on the puck, stronger in front of the net when battling their opponents, and stronger in odd body positions.

Dalcourt, M. (2014). Loaded movement training. *IDEA Fitness Journal*, 11(5), 30-37. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

2013



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by James A. Peterson, Ph.D., FACSM



Nice-to-Know Facts About Functional Training

Peterson, J. A. (2013). Take ten. 10 nice-to-know facts about functional training. *ACSM's Health & Fitness Journal*, 17(5), 48. Recuperado de http://journals.lww.com/acsm-healthfitness/Fulltext/2013/09000/10_Nice_to_Know_Facts_About_Functional_Training.15.aspx

2013

10,000 WORKOUTS IN 10 MINUTES

Movement-based Programming

by Matt King, M.Ed., CSCS and Dixie Stanforth, Ph.D.

King, M., & Stanforth, D. (2013). 10,000 workouts in 10 minutes: Movement-based programming. *ACSM's Health & Fitness Journal*, 17(1), 5-14. Recuperado de http://journals.lww.com/acsm-healthfitness/Fulltext/2013/01000/10,000_WORKOUTS_IN_10_MINUTES_Movement_based.5.aspx

2012



The Significant

Principles of Functional Training for Mature Adults

By Cody Sipe, PhD, and Dan Ritchie, PhD



Sipe, C., & Ritchie, D. (2012). The significant 7 principles of functional training for mature adults. *IDEA Fitness Journal*, 9(1), 42-49. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

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by Barbara Bushman, Ph.D., FACSM

Q: FOR A COMPLETE EXERCISE PROGRAM, NEUROMOTOR EXERCISE TRAINING HAS BEEN RECOMMENDED, ALONG WITH AEROBIC ACTIVITY, RESISTANCE TRAINING, AND FLEXIBILITY EXERCISES. WHAT IS “NEUROMOTOR EXERCISE TRAINING”? IS THIS A NEW RECOMMENDATION FOR EVERYONE?

Recuperado de [http://journals.lww.com/acsm-healthfitness/Fulltext/2012/11000/Neuromotor Exercise Training.4.aspx](http://journals.lww.com/acsm-healthfitness/Fulltext/2012/11000/Neuromotor_Exercise_Training.4.aspx)

2012



COLUMN EDITOR: Paul Sorace, MS, RCEP, CSCS*D

Do Single-Joint Exercises Enhance Functional Fitness?

¹Department of Exercise Science, Lehman College, Bronx, New York; and ²Department of Sport Science, Auckland University of Technology, Auckland, New Zealand

Schoenfeld, B., & Contreras, B. (2012). Do single-joint exercises enhance functional fitness? *Strength & Conditioning Journal*, 34(1), 63-65. Recuperado de <https://bretcontreras.com/wp-content/uploads/Do-Single-Joint-Exercises-Enhance-Functional-Fitness.pdf>

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Jeremiah O'Driscoll¹ and Eamonn Delahunt^{2,3*}

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2011

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PREPARACIÓN FÍSICA INTEGRADA EN DEPORTES DE COMBATE

Integrated physical training in combat sports

Raquel Hernández García ¹

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Recibido: 25/11/2010

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Hernández García, R., & Torres Luque, G. (2011). Preparación física integrada en deportes de combate. *E-Balonmano.Com: Journal of Sports Science / Revista de Ciencias del Deporte*, 731-38. Recuperado de <http://www.e-balonmano.com/ojs/index.php/revista/article/view/72/68>

2011

A CRITICAL LOOK AT FUNCTIONAL TRAINING

Matt Brzycki
Princeton University

Brzycki, M. (2011). A critical look at functional training. *Texas Coach*, (January), 44-47. Recuperado de <https://www.princeton.edu/campusrec/stephens-fitness-center/fitness-articles/MB-2011-01a.pdf>

2011

Pediatric Physical Activity

Integrative neuromuscular training for youth

Entrenamiento muscular integrado para jóvenes

Naclerio, F.¹, Faigenbaum, A.²

Naclerio, F., & Faigenbaum, A. (2011). Integrative neuromuscular training for youth. *Revista Kronos*, 10(1), 49-56. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

2011



Pediatric Physical Activity

Exercise is sports medicine in youth: Integrative neuromuscular training to optimize motor development and reduce risk of sports related injury

*El ejercicio es medicina deportiva en jóvenes:
entrenamiento neuromuscular integrado para optimizar
el desarrollo motor y reducir el riesgo en las lesiones deportivas*

Myer, G.D.^{1,2,3,4}, Faigenbaum, A.D.⁵

Myer, G. D., & Faigenbaum, A. D. (2011). Exercise is sports medicine in youth: Integrative neuromuscular training to optimize motor development and reduce risk of sports related injury. **Revista Kronos**, 10(1), 39-48. Recuperado de http://abacus.universidadeuropea.es/bitstream/handle/11268/3102/Kronos_X_1_5.pdf?sequence=1&isAllowed=y

2011

TRAINING

When to Initiate Integrative Neuromuscular Training to Reduce Sports-Related Injuries and Enhance Health in Youth?

Gregory D. Myer, PhD, CSCS^{1,2,4,7}; Avery D. Faigenbaum, EdD, FACSM³;
Kevin R. Ford, PhD, FACSM^{1,2}; Thomas M. Best, MD, PhD, FACSM^{4,5};
Michael F. Bergeron, PhD, FACSM⁶; and Timothy E. Hewett, PhD, FACSM^{1,2,4,7}

Myer, G. D., Faigenbaum, A. D., Ford, K. R., Best, T. M., Bergeron, M. F., & Hewett, T. E. (2011). When to Initiate Integrative Neuromuscular Training to Reduce Sports-Related Injuries and Enhance Health in Youth?. *Current Sports Medicine Reports*, 10(3), 157-166. Recuperado de <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3105332/pdf/nihms-289927.pdf>

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FUNCTIONAL TRAINING

by Susan G. Beckham, Ph.D., FACS, RCEP, CSCS, and Michael Harper, M.Ed.

healthfitness/Fulltext/2010/11000/FUNCTIONAL TRAINING Fad or Here to Stay .8.aspx

2006

Journal of Bodywork and Movement Therapies (2006) 10, 154–158



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www.intl.elsevierhealth.com/journals/jbmt

SELF MANAGEMENT: CLINICIAN SECTION

Functional training for performance enhancement—Part 1: The basics ☆

Craig Liebenson, DC*

Liebenson, C. (2006). Functional training for performance enhancement - Part 1: The basics. *Journal of Bodywork & Movement Therapies*, 10(2), 154-158. Recuperado de <http://www.avordchiropractic.com/doc/Functional%20training%20for%20Performance%20enhancement.pdf>

2002

Keywords: periodization; functional; sport specific.

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2001

Journal of Orthopaedic & Sports Physical Therapy
2001;31(11):620-631

Design and Implementation of a Neuromuscular Training Program Following Anterior Cruciate Ligament Reconstruction

May Arna Risberg, PT, PhD¹

Marianne Mørk, PT²

Hanne Krogstad Jenssen, PT²

Inger Holm, PT, PhD³

Risberg, M. A., Mork, M. M., Jenssen, H. K., & Holm, I. I. (2001). Design and implementation of a neuromuscular training program following anterior cruciate ligament reconstruction. *Journal of Orthopaedic & Sports Physical Therapy*, 31, 620-631. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text).



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-
- A man wearing a white t-shirt, white cap, and grey shorts is crouching on a tennis court. He is holding a tennis racket with both hands in front of him. The court is made of light-colored sand or gravel, and there is a dark fence in the background.