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# Nordic Walking The Complete Guide To Health Fitness And Fun

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## [EPUB] Nordic Walking The Complete Guide To Health Fitness And Fun

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#### **Rehabilitation Protocol for Proximal Hamstring Repair**

This protocol is intended to guide clinicians through the post-operative course for proximal hamstring repair • Short range Nordic HS to physio ball height progress range to ground depth Klingele KE, Sallay PI Surgical repair of complete proximal hamstring tendon rupture AM J Sports Med 2002;30(5):742-747 10 Liu F, et al