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| Soggetti                | Anterior cruciate ligament - Wounds and injuries<br>Anterior cruciate ligament - Wounds and injuries - Treatment<br>Anterior cruciate ligament - Surgery<br>Knee - Wounds and injuries<br>Knee - Wounds and injuries - Treatment<br>Sports injuries   |
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| Nota di contenuto       | ""Front Cover""; ""Title Page""; ""Copyright""; ""Dedication""; ""Contents""; ""Intro: Badge""; ""1. It is what it is: Joya€?s notes""; ""2. First injury: Dada€?s notes""; ""3. Once more: Dada€?s notes""; ""4. ACL overview""; ""5. Girls & ACLs""; ""6. How to rehab""; ""7. Joya€?s rehab: First six months""; ""8. Advanced: Training beyond rehab""; ""9. Training for girl athletes""; ""10. FAQs""; ""Index""; ""Acknowledgements""  |
| Sommario/riassunto      | Torn is the story of author Joy Werner's struggle with two anterior cruciate ligament (ACL) injuries over the course of 24 months. ACL tears are serious knee injuries that plague youth sport, particularly young female athletes, and this book describes the long journeys of healing that the injuries demand, including the emotional and mental challenges. The personal perspective is supported by general information about the ACL, ACL injuries, and treatment. Torn is not only a guide but a real-world tale of what a young athlete had to endure and overcome when confronted with ACL injuries. It will |

