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eric j. freitag, psy.d., facpn, qme credentialed - Mt. Diablo Memory Center- Sport Concussion Program Post Concussion Recovery Guide -Page 2 of 2 other anti-inflammatory medication that you may have

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nutritional strategies for injury recovery - diet - 5-7 days post injury/surgery brings about skeletal muscle breakdown, which triggers metabolic and hormonal reactions that suppress the immune system

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dog knee surgery and ligament injury help resource - Dog Knee Injury is a help guide & resource providing information on dog knee ligament surgery (TPLO, TTA, Tigh trope) and non-surgical approaches to health.

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returning to running after injury | runningphysio - Expert advice from a physio who specialises in running injuries. Includes sample training schedules and information to aid in returning to running after injury.

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