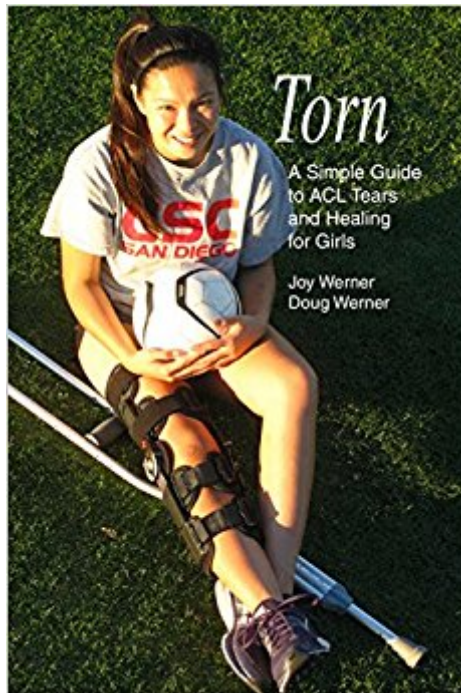




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Torn: A Simple Guide To ACL Tears And Healing For Girls



Synopsis

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 be helpful to the thousands of young people and their families who face this trauma each year.

Book Information

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Joy Werner is a high school student and athlete who has undergone two ACL surgeries to her right knee. Doug Werner is author or coauthor of 23 sports and fitness books, including Fitness Training for Girls and all 11 guides in the Start-Up Sports® series. They live in Chula Vista, California.

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