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# Unique Considerations of the Female Athlete

*Michael Brunet*

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**Unique Considerations of the Female Athlete** Michael Brunet
Research shows that women athletes perform better when their unique considerations and differences are addressed in training and rehabilitation. Unique Considerations of the Female Athlete is written to help improve performance in women athletes and improve the safety and well-being of women participating in sporting events. Specifically, this book presents the strategies for identifying risk factors, preventing injury, and rehabilitating problems or injuries.

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