


MAGIC VS. SCIENCE SUMMARY




Bilateral deficit is a concept that can improve the effectiveness of exercise selection

Cross transfer effect can help improve results of rehab by training the uninjured side



Dynamic balance exercises can be more effective in helping athletes return to the demands of sport

Electrical stimulation can have a positive effect on swelling without delaying the healing time frame.



A working theory of unloaded full ROM exercises along with movement-resisted, loaded strengthening exercises can lead to greater spinal safety and integrity.