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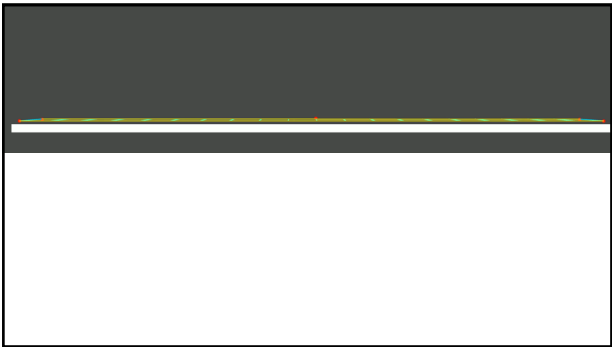
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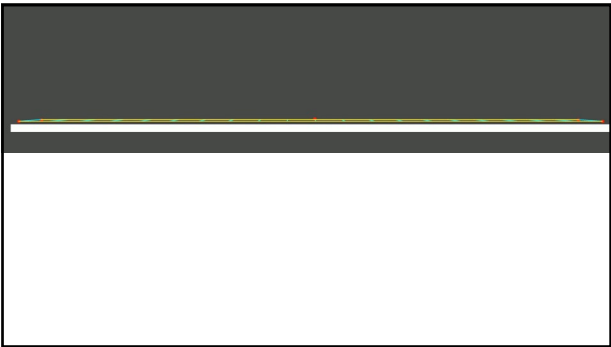
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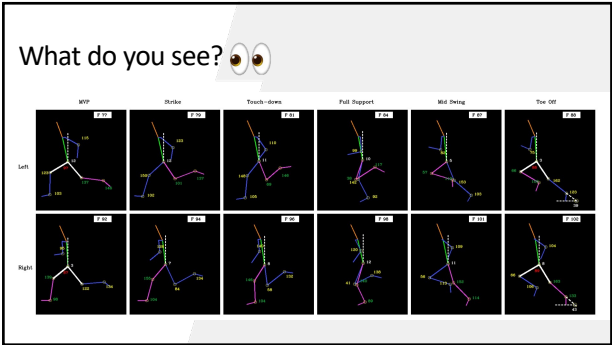
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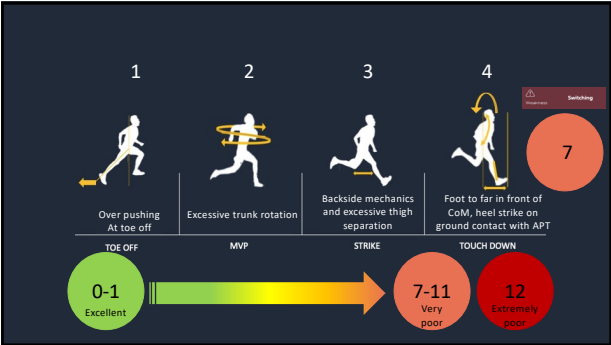
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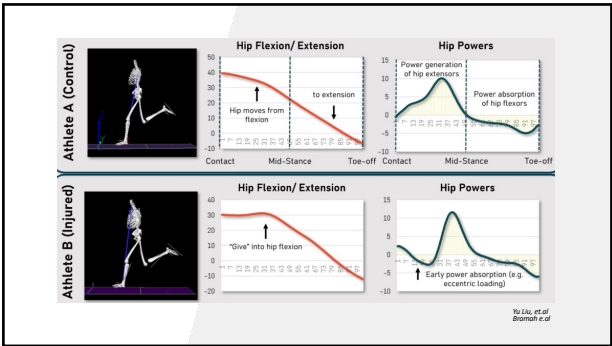
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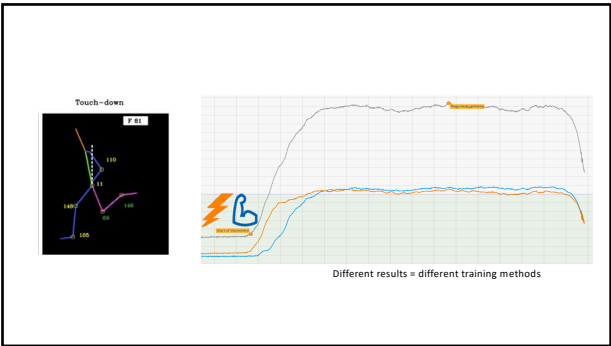
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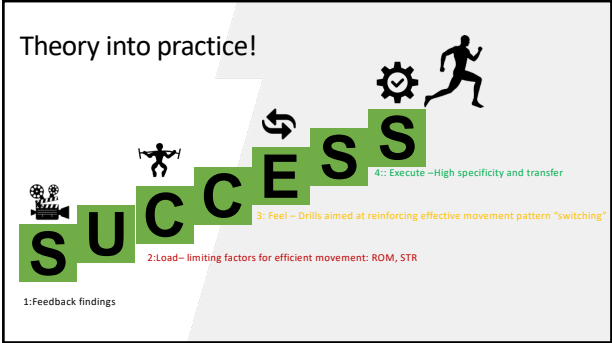
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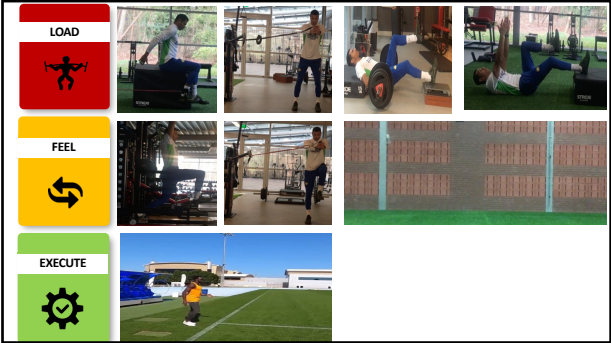
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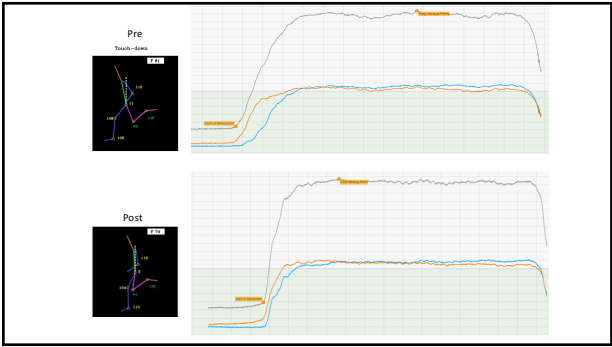
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Key points

- 01** Common assessments have poor predictive value, & don't identify individuals at greater risk of ACL.
- 02** Strong people do not necessarily possess high rate of force development.
- 03** Movement matters, objectify the process. Without data you're just another person with an opinion.
- 04** You can't fix a technical problem with only a physical solution.
- 05** If all you have is a hammer, everything looks like a nail.
- 06** Kinetics dictate performance, Kinematics dictate robustness.

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