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Title: How much is enough in rehabilitation? High running workloads following lower limb muscle injury delay return to play but protect against subsequent injury

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How much is enough in rehabilitation? High running workloads following lower limb muscle injury delay return to play but protect against subsequent injury

Running heading: Rehab running loads and subsequent injury in Australian football

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Abstract

Objective: Examine the influence of rehabilitation training loads on return to play (RTP) time and subsequent injury in elite Australian footballers.

Design: Prospective cohort study

Methods: Internal (sessional rating of perceived exertion: sRPE) and external (distance, sprint distance) workload and lower limb non-contact muscle injury data was collected from 58 players over

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