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The effectiveness of aquatic exercise in improving lower limb strength in musculoskeletal conditions: a systematic review and meta-analysis

Sophie Heywood, MPhyiso (Sports), Jodie McClelland, PhD, Benjamin Mentiplay, BExSci (Hons), Paula Geigle, PhD, Ann Rahmann, PhD, Ross Clark, PhD

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Authors:

Sophie Heywood, MPhyiso (Sports), ab

Jodie McClelland, PhD, c

Benjamin Mentiplay, BExSci (Hons), ^a

Paula Geigle, PhD, d

Ann Rahmann, PhD, e

Ross Clark, PhD, f

Institutions:

^a Faculty of Health Sciences, School of Exercise Science, Australian Catholic University, Melbourne, Victoria, Australia

^b The Melbourne Sports Medicine Centre, Melbourne, Victoria, Australia

^c Latrobe University, Melbourne, Victoria, Australia

^d School of Medicine, University of Maryland, Baltimore, MD, United States

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