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1. Orthopade. 1995 Jun;24(3):237-45. [Healing of ligaments and tendons]. [Article in German] Hefti F(1), Stoll TM. Author information: (1

### **Will certain foods help heal ligaments and tendons**

Jan 27, 2015 Tendons are tough, flexible bands of tissue that connect muscle to bone. Ligaments are similar bands that connect bone and cartilage to joints and organs.

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by William Weintraub. in this work which breaks new ground for healing damage due to sports, recently to tendons and ligaments due to a drastic increase

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Ross, R. G. (2005 July) Tendon and Ligament Healing. A New Approach to Sports and Overuse Injury, William Weintraub (Ed.). Paradigm Publications, Brookline, MA and

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Tendons and ligaments are receiving heightened attention recently due to a drastic increase in repetitive strain-overuse injury such as carpal tunnel syndrome.

### **Book reviews**

Tendon & Ligament Healing. A New Approach to Sports and Overuse Injury. By William Weintraub. Brookline, MA and Taos, NM: Paradigm Publications, 2003. 236 pp. \$22.95

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The inner ligament tears would also heal as well but the tendon of another muscle can often get in the way of the ends of the healing ligament joining together.

### **Rice therapy | caring medical**

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William Weintraub is the author of City Unique (4.42 avg rating, 19 ratings, 1 review, published 1996), Crazy About Lili (3.33 avg rating,

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