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The muscle is ultimately what gets people back to normal. If you treat the bone and the joint and the muscle isn't functioning well, the patient is just not there. The Muscle Medicine approach to musculoskeletal health begins with a two-chapter look at the biology of muscles, joints, and bones, and at the events and forces that can do them harm. In Part Two, we move on to the choices you make in your everyday life that affect the system.

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