



The Eccentric Solution: An Orthopaedic Prescription for Muscular Health

Michael Mac Millan

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In *The Eccentric Solution: An Orthopaedic Prescription for Muscular Health*, Michael Mac Millan, M.D. dispels many of the myths about eccentric exercise and details how it can be safely and effectively incorporated into a high performance exercise routine. Laying the groundwork for effective application of eccentric techniques, this text contains revolutionary ideas as to the building of muscle with an emphasis on healthy aging and the prevention of sarcopenia.

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