

Understanding Ligament Injuries: Mechanisms, Diagnosis and Treatment Strategies

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continued research efforts aimed at improving our understanding of ligament injuries and developing cost-effective, evidence-based treatment strategies to mitigate their societal impact [5].

Moreover, the management of ligament injuries requires a multidisciplinary approach, involving collaboration among orthopedic surgeons, sports medicine physicians, physiotherapists, radiologists, and other healthcare professionals. Each member of the healthcare team plays a crucial role in the comprehensive evaluation, treatment,

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