

References cited

The following articles/books are references cited in this activity:

- Thoma, L. M., Grindem, H., Logerstedt, D., Axe, M., Engebretsen, L., Risberg, M. A., & Snyder-Mackler, L. (2019). Coper classification early after ACL rupture changes with progressive neuromuscular and strength training and is associated with two-year success: The Delaware-Oslo ACL Cohort Study. *The American journal of sports medicine*, 47(4), 807. DOI: [10.1177/0363546519825500](https://doi.org/10.1177/0363546519825500).

Any 3D renderings or animations in this activity were created using [Blender](#).

All anatomical data used to make the kit and activities are from:

- National Library of Medicine. (1995–). *The Visible Human Project* [Digital Data Set]. Bethesda, MD: National Institutes of Health.
https://www.nlm.nih.gov/research/visible/visible_human.html.

