

Tenpin Bowling Specific Injury & Rehabilitation Guide

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Monday, 02 April 2007
Last Updated Thursday, 16 August 2007

I have compiled a briefing paper on frequent injuries in tenpin bowling, descriptions of the injuries as well as rehabilitation recommendations from a sports medicine source. This is intended to be informative for coaches and players. But, if you are injured, you should consult a doctor immediately. [Click to learn more and download the briefing paper.](#)

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