

STEVEN J. BARRER, MD

EXERCISE— WILL HURT YOU

A photograph of a person's arm from the elbow down to the hand. The arm is wrapped in a thick, white, textured cast or bandage. The hand is visible at the top right, with fingers slightly curled. The background is white.

*Concussion, Traumatic Brain Injury,
and How the Dangers of Sports
and Exercise Can Affect Your Health*

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Jicheng Xie



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