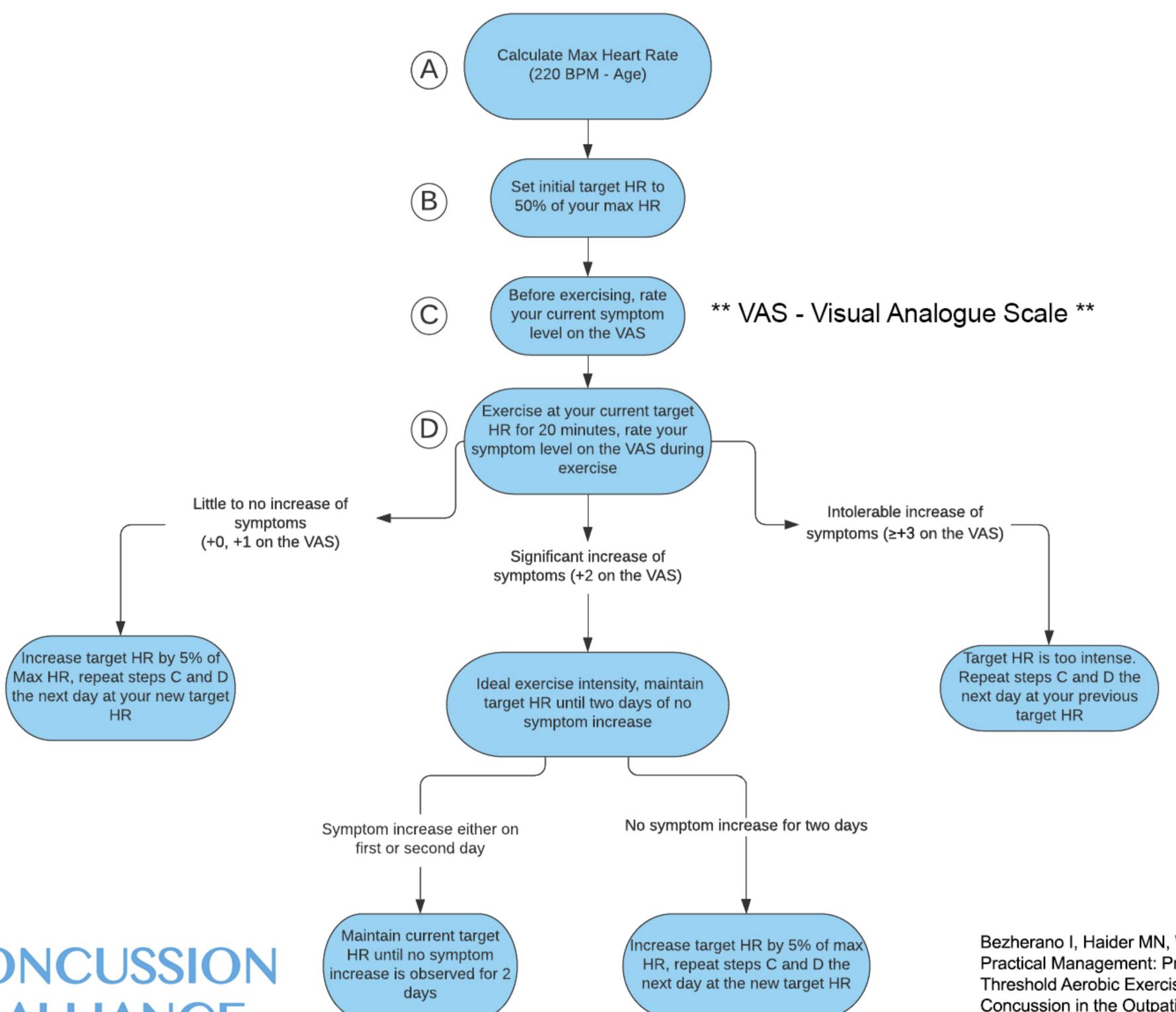
Finding your target heart rate (HR) for aerobic exercise rehab





Bezherano I, Haider MN, Willer BS, Leddy JJ. Practical Management: Prescribing Subsymptom Threshold Aerobic Exercise for Sport-Related Concussion in the Outpatient Setting. Clin J Sport Med. 2020 Feb 13. Epub ahead of print. PMID: 32058454