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[First author] et al

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# INTRODUCTION

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The ACL is an important ligament in the knee that confers stability to the knee especially in pivoting sports. ACL tears are a common injury in athletes, and result in significant loss of competitive sporting time. The number of ACL reconstructions are on the rise, numbering from 86,000 in 1994 to 130,000 in 2006 in the United States [1]. ACL reconstructions most commonly utilize hamstring tendon autograft for reconstruction and are the preferred graft choice for majority of sports surgeons in the world [2]. In particular, hamstring grafts are commonly utilized due to its greater cross-sectional area and maintenance of the integrity of the extensor mechanism [3].

Of note, one of the most significant complications of ACL reconstruction surgery is graft rupture, which causes continued instability of the knee and necessitates revision surgery especially if the patient wishes to return to a high level of sport. Many factors contribute to the likelihood of graft failure, one of which is the cross-sectional area of the hamstring graft. Current literature points to a small graft size of less than or equal to 8mm have a 6.8 fold higher risk of graft failure compared to graft sizes of more than 8mm [4].

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# MATERIAL AND METHODS

## Study design [This is an example of a level 2 heading.]

### *Physical training programme* [This is an example of a level 3 heading.]

# RESULTS

## Study design [This is an example of a level 2 heading.]

### *Physical training programme* [This is an example of a level 3 heading.]

# DISCUSSION

# CONCLUSION

# Acknowledgments

# Disclosure

The author reports no conflicts of interest in this work. [Each manuscript needs to include a disclosure of financial interest or other conflict of interest statement. This is where these statements go].   
REFERENCES

[The following are examples of our reference style. Please see <http://www.sportscienceresearch.com/instruction_to_author.html> for more details.]

1. Kubo K, Kanehisa H, Fukunaga T. Effects of resistance and stretching training programmes on the viscoelastic properties of human tendon structures in vivo. J Physiol. 2002; 538(Pt 1):219-26.
2. Mall NA, Chalmers PN, Moric M, Tanaka MJ, Cole BJ, Bach BR et al. Incidence and trends of anterior cruciate ligament reconstruction in the United States. Am J Sports Med. 2014; 42(10):2363-70.

**Table 1** [Table titles are in sentence case and do not end with a full-stop.]

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