Skip to main content
function initSelector(element){ $('.skiptocontent').removeAttr("href"); $(element).parent().before(""); window.location.hash = '#top'; $(window).scrollTop($("#top").offset().top-100); window.location.hash=''; } $('#skiptocontent').keydown(function (e) { var code; try { code = (window.event) ? window.event.keyCode : event.which; } catch(err) { code = e.keyCode || e.which; } //click Enter if(code == 13){ var mainPageId=$("#main-page-content").text(); if(mainPageId){ initSelector('#main-page-content'); }else{ var firstH1=$('h1:first').text(); if(firstH1){ initSelector('h1:first'); }else{ $('#skiptocontent').css('display','none'); } } } });

showDfpAd(0)

$(document).on("ready", sageQuickSearch.init('chpc'));

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$(document).on("ready", sageQuickSearch.init('chpc'));

Sign In

National Science Library

Society

addClass('enhancedLoginPanel', 'doNotShow'); function initLoginBox() { if (hasPersonIdentity()) $('.profileContainerMobile img.loggedInArrow').show(); else { $('.profileContainerMobile img.loggedInArrow').hide(); //$('.myprofile-label').text("Sign In"); }; $('#portalLoginBar .sage-login-widget').attr('tabindex', '0'); $('.sage-login-widget img.user-logo').each(function(){ //console.log($(this).attr('src')); if($(this).attr('src').indexOf('templates')===-1)

$(this).addClass('bannerImage'); else $(this).removeClass('bannerImage'); }); initMyProfileInfo(); initInstitutionInfo(); initSocietyInfo(); if (inPbEditorMode()) $('.sage-login-widget').attr('onclick', 'toggleLoginPopup(true);return false;'); if (isIE()) { $("img.user-logo").each(function () { let imgUrl = $(this).prop("src"); if (imgUrl) { $(this).css("backgroundImage", 'url(' + imgUrl + ')').addClass("ie-object-fit"); $(this).prop("src",""); } }); } }

Access Options

You can be signed in via any or all of the methods shown below at the same time.

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Sign in here to access free tools such as favourites and alerts, or to access personal subscriptions

Email (required)
Password (required)
■ Remember me
Sign in

Forgotten your password?

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I am signed in as:

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Logout

function initMyProfileInfo() { $('.id-person-activated>img.user-logo').attr('title', 'You are signed in via your profile'); $('.id-person-deactivated>img.user-logo').attr('title', 'You are not signed in via your profile'); $('#frmLogin br').hide(); $('#user-login-form #passwordReminder').insertBefore('#user-login-form #frmLogin tr:last-child'); $('
Set new password
').appendTo('#user-login-form #passwordReminder'); $('#ru-user').attr('href', '/action/doLogout?redirectUri='+window.location.href); $('#user-login-form .loginForm label[for="password"]').append(':'); if (hasPersonIdentity()) { $('#user-info').show(); $('#user-login-form').hide(); } else { $('#user-info').hide(); $('#user-login-form').show(); } let $user=$('#portalLoginBar .my-profile-col.id-person-activated'); if ($user && $user.attr('name') && $user.attr('name').length>0) { $('

'+$user.attr('name')+'

').appendTo('#user-name'); } }

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- Edit account details
- Activate personal subscriptions and access content

Institution

If you have access to journal content via a university, library or employer, sign in here

Shibboleth

Open Athens

I am signed in via:

National Science Library

function setInstitutionLoginStatus() { let samlExists=($('.access-via-samel').length)>0; let appendTag=''; if (samlExists) { appendTag+='

Signed in via: **a federated identity**

'; } else { appendTag+='

Sign in via: Shibboleth

'; appendTag+='

Sign in via: Open Athens

'; } $('#inst-login-status').append(appendTag); } function setRedirectUrl() { let currentUrl = window.location.pathname; $('.Shibboleth').attr("href", $('.Shibboleth').attr('href') + currentUrl); $('.OpenAthens').attr("href", $('.OpenAthens').attr('href') + currentUrl); } function initInstitutionInfo() { setInstitutionLoginStatus(); setRedirectUrl(); if ($('.id-institution-activated>img.user-logo').attr('title')===undefined) $('.id-institution-activated>img.user-logo').attr('title', 'You are signed in

via your institution'); $('.id-institution-deactivated>img.user-logo').attr('title', 'You are not signed in via an institution'); $('#institution-info .portalInsitutionalButton').after('

my institutional subscription

'); //if ($('#institution-info .portalInsitutionalButton a').length) $('#institution-info .portalInsitutionalButton a').text(); if (hasInstitutionIdentity()) { $('#institution-info').show(); $('#institution-login-form').hide(); } else { $('#institution-info').hide(); $('#institution-login-form').show(); } }

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Society

If you have access to journal via a society or associations, read the instructions below

Members of _ can log in with their society credentials below

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Access to society journal content varies across our titles.

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Contact us if you experience any difficulty logging in.

Some society journals require you to create a personal profile, then activate your society account

Activate my Society Account

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Institution

Logout

function getYmCount() { let rv=0; try{ rv=Number("0"); if (isNaN(rv)) rv=0; } catch (e) {} return rv; } function getSocietyJournals(index) { let rv=""; try { switch (index) { case 1:rv=""; break; case 2:rv=""; break; case 3:rv=""; break; case 4:rv=""; break; case 5:rv=""; break; default:break; } } catch (e) {} return rv; }

$('#ru-society').attr('href', '/action/doLogout?redirectUri='+window.location.href); function restyleJournalAd(){ if ($('#society-login-form .literatumAd').length!==0) { $('#society-login-form #society-info-text, #society-login-form .topSeparator').hide(); } } function initSocietyInfo() { if ($('.id-society-activated>img.user-logo').attr('title')===undefined) $('.id-society-activated>img.user-logo').attr('alt', 'You are signed in via your society'); $('.id-society-deactivated>img.user-logo').attr('title', 'You are not signed in via a society'); $('#society-info .portalInsitutionalButton').after('

my society or association

'); if (hasSocietyIdentity()){ $('#society-info').show(); $('#society-login-form').hide(); } else { restyleJournalAd(); $('#society-info').hide(); $('#society-login-form').show(); } } function getYmSocietyIndex(){ let count = getYmCount() || 0; let currentJournal = "chp"; if (currentJournal.length!==0 && count>0) { console.log("Looking through "+count+" societies for journal code: "+currentJournal); for (i=0; i

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if ('0.4822.7201.098CiteScoreSCImago Journal Rank (SJR)151563'.trim().length>0) $('.impactFactorContainer').removeClass('not-show-important'); if ($(".impact-factor-container") && $(".impact-factor-container").size()>0) $("#showAllSocietiesBtn").addClass("ifBorder"); switch ($('#showNoFoldedSocietyLogos .societyImageLink').size()) { case 2: $('#showNoFoldedSocietyLogos').addClass('two-logos'); break; case 1: $('#showNoFoldedSocietyLogos').addClass('one-logo'); break; case 0: default: break; } function resizeHeaderFont() { var headerTitleElement = document.getElementById('headerTitle'); if (headerTitleElement) { var fontsize = 32; if ("" && "FALSE"==="TRUE") fontsize=28; $('#headerTitle').css('font-size', fontsize+"px"); /*Max font size, then reduce from there*/ $('#headerTitle h1').css('font-size', fontsize+"px"); /*Max font size, then reduce from there - journal home only*/ var headerTitleSize = headerTitleElement.getBoundingClientRect(); var textHeight = headerTitleSize.height; var textWidth = headerTitleSize.width; var containerElement = document.getElementById('headerTitleContainer'); var containerSize = containerElement.getBoundingClientRect(); var containerHeight = containerSize.height; var containerWidth = containerSize.width; var fontstring = ""; while (textHeight > containerHeight) { fontsize--; fontstring = fontsize.toString(); fontstring = fontstring + "px"; $('#headerTitle').css('font-size', fontstring); $('#headerTitle h1').css('font-size', fontstring); headerTitleSize = headerTitleElement.getBoundingClientRect(); textHeight = headerTitleSize.height; textWidth = headerTitleSize.width; } } }; resizeHeaderFont(); $(window).resize(function() { resizeHeaderFont(); });

function offset(el) { let rect = el.getBoundingClientRect(), scrollLeft = window.pageXOffset || document.documentElement.scrollLeft, scrollTop = window.pageYOffset || document.documentElement.scrollTop; return { top: rect.top + scrollTop, left: rect.left + scrollLeft, bottom: rect.bottom + scrollTop , right: rect.right + scrollLeft } } window.addEventListener("scroll", function() { let y = window.pageYOffset; let $quickSearchId = $("#journalQuickSearch").parent(); if (y >= offset(document.getElementById("portalQuickSearch")).bottom) { $quickSearchId.removeClass("doNotShow"); } else { $quickSearchId.addClass("doNotShow"); } });

$(document).on("ready", sageQuickSearch.init('chpc'));

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').insertAfter('#copyToClipBoard'); trapKeys('.popup-dialog', '.articleToolPanelClose');

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Keywords antioxidants, anterior cruciate ligament, skeletal muscle, cytokines, oxidative stress, vitamin C, vitamin E, knee

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$journalText.closest('.relatedJournalsColumn>a').append($journalText.text()); $journalText.remove(); }); $('.relatedJournalsImageContainer img').each(function(){ let $coverImage = $(this); let $parent = $(this).parent(); $coverImage.addClass('relatedJournalsImageContainer'); $coverImage.prependTo($coverImage.closest('.relatedJournalsColumn>a')); $parent.remove(); }); $('td.savedSearch.savedResult:nth-child(4) img').attr('alt', function() { return $(this).attr('alt').replace('alert type', 'saved date'); }) $('td.savedSearch.savedResult:nth-child(5) img').attr('alt', function() { return $(this).attr('alt').replace('alert type', 'last run date'); }) } ////// run these before document finished loading ////// //SAGE-1878 //if ($('.more-than').offset().left 0) $('.pb-ui .accessOptionsBar').css('display', 'block'); else $('.pb-ui .accessOptionsBar').hide(); if ($('span.related-Article-wrapper span').length===0) $('span.related-Article-wrapper').hide(); cpTitlesDates(); // Add data module attributes in related journals HTML widget $(".otherSociety").attr("data-module-name", "related-journals"); $(".otherSocietyButton #viewMoreText").attr("data-item-name", "view-more"); $(".otherSocietyButton #viewLessText").attr("data-item-name", "view-fewer"); $(".otherSocietyButton #viewFewerText").attr("data-item-name", "view-fewer"); // Add a separator before issue //$('.mostReadCited .contentItemIssue').text(function () { // if ($(this).text().trim().length > 0 && $(this).text().trim().indexOf('-')!=0) // return '- '+$(this).text(); //}); //Move related asrticles indication into proper place: $('span.related-Article-wrapper').insertAfter('div.articleInformation'); $('.related-article-title').text(function() { return $(this).text().replace(/\s*:/, ': '); }); $('.online-pub-date').text(function() { return $(this).text().replace(/-/g, ' '); }); $('.contentItemVol').text(function() { return $(this).text().replace('Vol 0,', '').replace('Vol.', 'Vol ').replace(/\s*,/, ','); }); $('.issueFormat').text(function() { return $(this).text().replace('issue', 'Issue').replace('vol.', 'Vol').replace(/\s*,/, ','); }); //Remove trailing dot from a.deleteAccountLink $('a.deleteAccountLink').text('Delete your account'); //Remove trailing dot from a.deleteAccountLink $('a#copyToClipBoard').text('Copy to Clipboard'); // Rename "Views" to "Views and downloads" $('.view-count').text(function() { if (inJournalScope()) return $(this).text().replace('Views:', 'Views & downloads:'); else return $(this).text(); }); // Keep only anchor element if already in citedBy page if ($('.view-all-citedBy a').attr('href') === window.location.pathname) $('.view-all-citedBy a').attr('href', ''); // Add #top-content-scroll on 'View All' citedBy link $('.view-all-citedBy a').attr('href', $('.view-all-citedBy a').attr('href') + '#top-content-scroll'); // Change MR/MC panel text $('#mostReadCitedPage .online-pub-date').text(function() { return $(this).text().replace("Online publication date", "First published"); }); //Wait for images to load, before deciding whteher to move the related journals $('.journalHomeFourRight').imagesLoaded().always(function(){ moveRelatedJournals(); //console.log('Ad(right) image is loaded'); }); // Fix for 'more...' label falling into 2nd line if ($('.authors .more-than').length && $('.authors .more-than').offset().left 1) $('input[name=AllField]').autocomplete('close'); } catch(e) {} }); //console.log('Journal: Journal of Evidence-Based Integrative Medicine, Issue: , Article: Does Vitamin E and C Supplementation Improve the Recovery From Anterior Cruciate Ligament Surgery?');

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Top var dataLayer = dataLayer ||[]; dataLayer.push({"site":{"environment":"live","platform":"responsive-web"},"page":{"title":"Does Vitamin E and C Supplementation Improve the Recovery From Anterior Cruciate Ligament Surgery?: Journal of Evidence-Based Complementary & Alternative Medicine: Vol 16, No 2","type":"article/chapter-view"},"user":{"action":"showAbstract","id":596907869,"type":[],"loginStatus":false,"authentication":false,"subscriptions":[],"institution":["National Science Library"]},"product":{"type":"article","format":"electronic","journal":{"name":"Journal of Evidence-Based Integrative Medicine","tla":"CHP","category":[],"subCategory":[],"open_access":"false","e_issn":"2515-690X","p_issn":"2515-690X","issue":{"volume":"16","number":"2","article":{"doi":"10.1177/1533210110392954","title":"Does Vitamin E and C Supplementation Improve the Recovery From Anterior Cruciate Ligament Surgery?"}}}}}); (function(w,d,s,l,i){w[l]=w[l]||[];w[l].push({'gtm.start':new Date().getTime(),event:'gtm.js'});var f=d.getElementsByTagName(s)[0],j=d.createElement(s),dl=l!='dataLayer'?'&l='+l:'';j.async=true;j.src='https://www.googletagmanager.com/gtm.js?id='+i+dl;f.parentNode.insertBefore(j,f);})(window,document,'script','dataLayer','GTM-5M58KS');