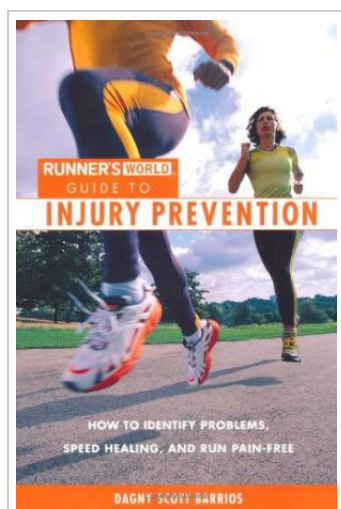




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Runner s World Guide to Injury Prevention: How to Identify Problems, Speed Healing, and Run Pain-free

By Dagny Barrios

RODALE PRESS, United States, 2004. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. The last word on preventing and treating running injuries-from the magazine known the world over as the most reliable and authoritative source of running know-howThe world of running-and running injury prevention-has evolved greatly in the last decade. New thinking on injury and recovery suggests that runners can continue to train while injured. And alternative practices-such as acupuncture, chiropractic, and massage-are now virtually mainstream and an essential part of any runner s injury arsenal. Not only is the sport dramatically more popular, but women runners and beginning runners-who are a large part of the growth-have very different needs in the areas of injury and health that have not been covered adequately in previous books. Research in sports medicine also has advanced. All this-and much more-is covered in Runner s World Guide to Injury Prevention by Dagny Scott Barrios, quite simply the best, most authoritative guide in the field. Here you ll find: - The most important stretches for runners-and why you should not stretch an injured muscle - How (and why) to change your biomechanics and stride length - How to incorporate...



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