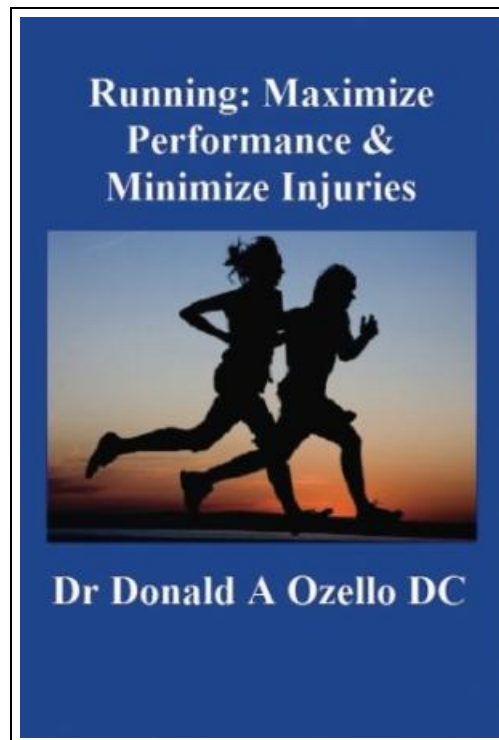


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RUNNING: MAXIMIZE PERFORMANCE MINIMIZE INJURIES: A CHIROPRACTOR'S GUIDE TO MINIMIZING THE POTENTIAL FOR RUNNING INJURIES (PAPERBACK)



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Createspace Independent Publishing Platform, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Running: Maximize Performance Minimize Injuries is a comprehensive guide to the prevention and management of running related injuries. Dr. Donald A. Ozello DC of Championship Chiropractic in Las Vegas, Nevada provides easy to implement guidelines for beginners and experienced runners. Prevention and management of common running injuries such as shin splints, iliotibial band syndrome, sciatica and hamstring strains are discussed in detail. Whether you are a novice or veteran runner. Whether you are a jogger, sprinter, walker, vertical runner, trail runner, tri-athlete or ultra-marathoner. Whether you are a recreational or competitive runner, Dr. Donald A. Ozello DC provides general and specific guidelines to preventing running injuries. Learn how to prevent and better manage common running-related injuries. Discover techniques to enhance your running performance, boost your overall fitness and lower the potential for injury. Learn techniques to strengthen your feet, stretch your calves, recover from ankle sprains, decompress your spine and develop nutritional strategies to support injury recovery. Improve your health, set personal records and amplify results by averting and better managing running-induced injuries. Increase your training enjoyment and become a stronger, fitter runner by avoiding common training mistakes. Dr. Donald A. Ozello DC provides a comprehensive explanation of training strategies to reduce the risk of acquiring common running injuries. Learn methods to prepare your body for running to prevent injuries. Educate yourself on training techniques to enhance strength, flexibility, health and fitness to better prevent the occurrence of injury. Chapters include: Benefits of Running, Injury Prevention, Lower Back Pain, Sciatica, Hamstring Strains, Proximal Hamstrings Tendinopathy, Hip Flexor Strains, Adductor Strain/Groin Pull, Hip Knee Osteoarthritis, Iliotibial Band Syndrome (ITBS), Patello-Femoral Pain Syndrome (Runner's Knee), Patellar Tendinopathy, Pes Anserine Bursitis, Shin Splints,...

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