



Running Injuries: Treatment and Prevention

Jeff Galloway, David Hannaford

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"Running Injuries - Treatment and Prevention" offers easy to access tips on treating and avoiding injuries. It is written in a language that is easy to understand. This book will help runners and walkers understand how injuries occur, how to prevent them, how to heal them: knee, foot, calf, iliotibial band, plantar fasciia, achilles tendon, neuroma, and much more. There is also a section on coming back from an injury and exercising while injured.

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