Running Injury-Free: How to Prevent, Treat, and Recover From Runner's Knee, Shin Splints, Sore Feet and Every Other Ache and Pain PDF



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by Joseph Ellis DPM : Running Injury-Free: How to Prevent, Treat, and Recover From Runner's Knee, Shin Splints, Sore Feet and Every Other Ache and Pain

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PDF-27f5d | Running Injury-Free by Dr. Joseph Ellis, DPM uses anecdotal examples from Ellis' own patients and experiences in order to discuss injury-prevention, treatment, and recovery. He implements a clinical approach toward treating the most common running-related injuries, as well as providing detailed background situations to describe how each injury can happen, so the reader can recognize poor habits or... *Running Injury-Free: How to Prevent, Treat, and Recover From Runner's Knee, Shin Splints, Sore Feet and Every Other Ache and Pain*

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