

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 runners 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 Runners World Guide to Injury Prevention by Dagny Scott Barrios, quite simply the best, most authoritative guide in the field. Here youll 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 cross-training to prevent and heal injury - The most important strength-training exercises for runners- How to cope with the mental side of injury- Special concerns for young runners, women, and older Runners- The newest thinking in hydrationBeginners and veterans alike will benefit from this expert guidance from the cutting edge of sports medicine and science.

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