



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

*Joseph Ellis*

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*Running Injury-Free* uses anecdotal examples from nationally acclaimed sports medicine authority and podiatric surgeon Dr. Joseph Ellis's 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 compare training and running practices in his or her own experience.

In this updated version of the top-selling book, content relating to shoes and shoe selection, "over the counter" treatments, orthotic techniques and materials, Piriformis Syndrome, chiropractic medicine and acupuncture, stretching techniques, nutrition and supplements, injuries related to minimalist runners, as well as running issues for women, children, and endurance runners will be updated to reflect timely practices and research.

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