



# **Runner's World Guide to Injury Prevention: How to Identify Problems, Speed Healing, and Run Pain-Free (Runner's World Guides)**

*Dagny Scott Barrios*

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## **Runner's World Guide to Injury Prevention: How to Identify Problems, Speed Healing, and Run Pain-Free (Runner's World Guides)** Dagny Scott Barrios

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-how.

The 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 runner's 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 *Runner's World Guide to Injury Prevention* by Dagny Scott Barrios, quite simply the best, most authoritative guide in the field.

Here you'll 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 hydration

Beginners and veterans alike will benefit from this expert guidance from the cutting edge of sports medicine and science.

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