



Dr. Jordan Metzl's Running Strong: The Sports Doctor's Complete Guide to Staying Healthy and Injury-Free for Life

Jordan Metzl, Claire Kowalchik

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Step into my office if you want to run faster, stronger, and pain-free. Whether you're a new runner training for your first race or an experienced marathoner, this cutting-edge book will keep you on the road and running faster.

With comprehensive, illustrated information on running health and injury prevention, this book is the first to include embedded scan codes that lead readers to videos addressing such issues as shin splints, plantar fasciitis, stress fractures, and runner's knee. Not only will runners be able to read about how they can treat and prevent hundreds of medical and nutritional issues, they'll be able to walk into a top-level video consultation 24 hours per day, 7 days per week, from anywhere in the world!

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