



Running Injuries, An Issue of Physical Medicine and Rehabilitation Clinics of North America, 1e (The Clinics: Orthopedics)

Adam Tenforde

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Physical medicine and rehabilitation (PM&R) physicians across the country see injured runners every day. Running injuries may impact other areas of the body and PM&R physicians are trained to treat the body as a whole, as opposed to treating just the injury, they work to identify the true source of the problem and develop a training or rehabilitation program to solve it.

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Spent a free time and energy to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their particular friends. Usually they undertaking activity like watching television, going to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could be reading a book could be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the publication untitled Running Injuries, An Issue of Physical Medicine and Rehabilitation Clinics of North America, 1e (The Clinics: Orthopedics) can be great book to read. May be it might be best activity to you.

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