

# **THE LONG DISTANCE RUNNER'S GUIDE TO INJURY PREVENTION AND TREATMENT**



**How to Avoid Common Problems  
and Deal With Them  
When They Happen**

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# The Long Distance Runner's Guide to Injury Prevention and Treatment: How to Avoid Common Problems and Deal with Them When They Happen



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Yet, nearly three-quarters of long distance runners will suffer from a significant injury several times in their athletic career. For any runner who loves hitting the pavement and conquering half-, full-, and ultra-marathons, getting injured is a terrifying, and often heartbreaking, setback. An indispensable basic safety guide for professional athletes, coaches, lifelong runners, and beginners. Though it may be impossible to totally avoid injury, *The Long Distance Runner's Guide to Injury Prevention and Treatment* is an essential source to help those that love to run understand one of the most common factors behind injuries, and learn how to best avoid and treat athletic ailments. With chapters on important and diverse topics such as for example proper nourishment, muscular ailments, skeletal injuries, medical illnesses caused by racing and correct recovery, *The Long Range Runner's Guideline to Injury Avoidance and Treatment* is a must-have on the shelf of every harrier. In this publication, expert editors and long-period runners Brian Krabak and Grant Lipman combine useful insights, tips, and techniques from greater than a dozen doctors who focus on treating endurance athletes.



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it's clearly written, but quite general when it comes to ... it's clearly written, but quite general with regards to injury prevention. There exists a terrific section on footcare which can make or break one's knowledge in a run or hike. Great all around reserve for the avid trail runner to prevent and treat injuries This is a great all around book. Some of the ailments are known as "common" but they can be quite serious and it's vital that you try to prevent these illnesses but if that's extremely hard to at least know the outward symptoms. I like what sort of book lists key takeaway factors and that the publication is founded on actual encounter out in the field. It includes everything from the history of working to hydration to the evaluation, prevention and treatment of running-related accidents to common medical illnesses. It's more prudent to speak with the most knowledgeable and competent running PT you will find. Overall, I would recommend this great all-in-one book which is a must read if you are passionate about the outdoors and staying healthy. It's a good book to take on a plane as it needs some focus to learn.



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