



The Runners' Repair Manual: A Complete Program for Diagnosing and Treating Your Foot, Leg and Back Problems

Murray F. Weisenfeld, Barbara Burr

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The Runners' Repair Manual is the resource every runner needs to prevent and treat running-related injuries. Podiatrist Murray F. Weisenfeld offers crucial advice on injury prevention, explains the nature of common injuries, and provides clear, detailed advice for treating injuries. Easy to read and full of information, *The Runners' Repair Manual* will quickly become your go-to resource.

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