

Running: Maximize Performance & Minimize Injuries: A Chiropractor's Guide to Minimizing the Potential for Running Injuries

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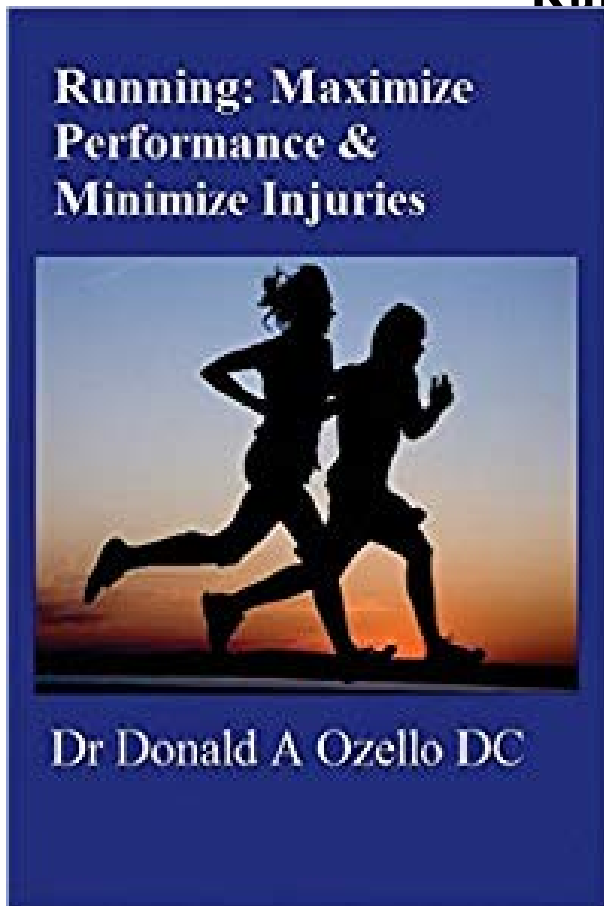
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This is an alternate cover edition for 9781493618743. Cover was changed in December 2016 along with the addition of three new chapters. *Running: Maximize Performance & Minimize Injuries* is a comprehensive guide to the prevention and management of running-related injuries. Dr. Donald A. Ozello DC of Championship Chiropractic in Las Vegas, Nevada provides easy-to-implement guidelines for beginners and experienced runners. Prevention and management of common running injuries such as shin splints, iliotibial band syndrome, sciatica, and hamstring strains are discussed in detail. Whether you are a novice runner or veteran runner, whether you are a jogger, sprinter, walker, vertical runner, trail runner, tri-athlete, or ultra-marathoner, whether you are a recreational or competitive runner, Dr. Donald A. Ozello DC provides general and specific guidelines to preventing running injuries. Learn how to prevent and better manage common running-related injuries. Discover techniques to enhance your running performance, boost your overall fitness, and lower the potential for injury. Learn techniques to strengthen your feet, stretch your calves, recover from ankle sprains, decompress your spine, and develop nutritional strategies to support injury recovery. Improve your health, set new personal records, and amplify running results by averting and better managing running-induced injuries. Increase your training enjoyment and become a stronger, fitter runner by avoiding common training mistakes. Dr. Donald A. Ozello DC provides a comprehensive explanation of

training strategies to reduce the risk of acquiring common running injuries. Learn methods to prepare your body for running to prevent injuries. Educate yourself on training techniques to enhance strength, flexibility, health and fitness to better prevent the occurrence of injury. Chapters include: Benefits of Running, Injury Prevention, Lower Back Pain, Sciatica, Hamstring Strains, Proximal Hamstrings Tendinopathy, Hip Flexor Strains, Adductor Strain/Groin Pulls, Hip & Knee Osteoarthritis, Iliotibial Band Syndrome (ITBS), Patello-Femoral Pain Syndrome (PFPS/Runner's Knee), Patellar Tendinopathy, Pes Anserine Bursitis, Shin Splints, Calf Muscle Strains, Achilles Tendonitis, Ankle Sprains, High Ankle Sprains, Peroneal Tendinopathy, Plantar Fasciitis, Stress Fractures, Tarsal Tunnel Syndrome, Metatarsalgia, Morton's Neuroma, Hallux Limitus & Hallux Rigidus, Bunions, Neck Pain, Side Stitch, Muscle Cramps, Proper Running Footwear, Custom Fit Orthotics, Basic Foot Strengthening Exercises, Advanced Foot Strengthening Exercises, Static Stretching, Foam Rolling, Proper Running Warm-Up, Nutritional Strategies for Injury Recovery, Hydration Strategies, Rest & Recovery, Hot Weather Running, Cold Weather Running, Chiropractic Care for Runners and Health & Fitness Training. Live a healthier, fitter, more functional life and become a better runner by preventing and more efficiently managing common running injuries.