



# Running Medicine

*Robert Wilder, Francis O Connor, Eric Magrum*

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This new edition contains expanded and updated descriptions of the care of the injured runner. Reflecting ongoing development, additional discussions include clinical gait analysis, musculoskeletal ultrasound, heat tolerance testing, exercise-associated collapse, and emerging therapies. Supplanting the scattered and often imprecise information found in orthopedics manuals and general sports medicine texts, this authoritative and expert-authored medical resource features: The most extensive source of running-injury management expertise to be found anywhere; Details on running-injury commonalities, diagnosis, and treatment; In-depth coverage of injuries most often incurred in specific types of running, such as sprinting and marathoning; Rehabilitation guidelines; Surgical considerations; Coverage of running-injury-related medical problems; Valued strategies to help patients continue running and training during recovery; Injury-prevention regimens and tips that can also help trainers, coaches, and runners themselves; More than 150 exceptionally informative line drawings and photographs.

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