



# Running Medicine

*Robert Wilder, Francis O Connor, Eric Magrum*

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**Running Medicine** Robert Wilder, Francis O Connor, Eric Magrum

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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