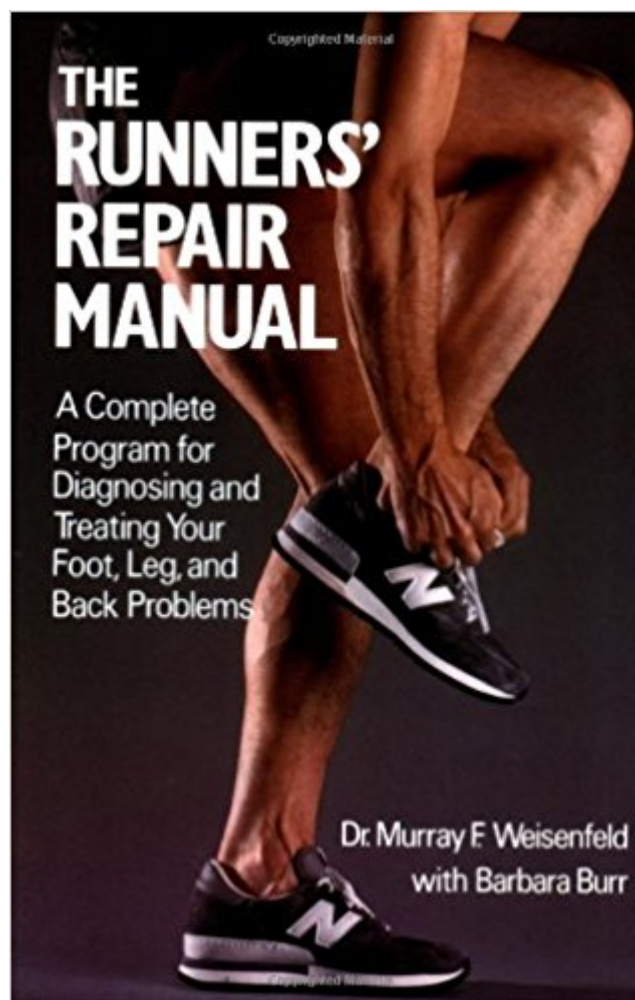




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# The Runners' Repair Manual: A Complete Program For Diagnosing And Treating Your Foot, Leg And Back Problems



## Synopsis

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.

## Book Information

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## Customer Reviews

• Murray Weisenfeld loves working with runners and dealing with their problems. His book is filled with evidence of that care and interest. I found the pages packed with practical, hard to find, and hard earned information for the injured runner. • Dr. George Sheehan, author of Running and Being • No one understands runners' injuries like Murray Weisenfeld-- and he explains it all simply, with no medicalese. He tells you, step by step, how to diagnose your aches and pains and precisely how to treat them yourself. • Fred Lebow, President of the New York Road Runners' Club • The Runners' Repair Manual is full of useful tips on the prevention and cure of running injuries that took me years to learn. Easy to work into any normal, busy and demanding life, Murray Weisenfeld's commonsense advice will help to keep runners running by showing them how to treat themselves effectively. • Craig Virgin, Winner of 10,000-meter event, U.S. Olympic Trials, 1980 • In simple and succinct terms, Dr. Weisenfeld discusses the most common and often most nagging running injuries, their causes, treatments, and possible measures to prevent them. Most importantly, The Runners' Repair Manual teaches runners to be aware of their bodies' signals and

how to read them to minimize the risk of injury.â • â •Ellison Goodall, International cross country competitorâ œThere's nothing more depressing to a runner than having an injury that keeps you from running. Dr. Weisenfeld's book can minimize, reduce, or help eliminate those horrible non-running days by telling you exactly how to handle virtually all the injuries we runners suffer.â • â •Kathy Switzer, First Woman to run in the Boston Marathonâ œI have acquired many aches and pains over the years without knowing their causes or their cures. But after reading The Runners' Repair Manual, everything seems clear and simple. Dr. Weisenfeld's book is a very handy and beneficial guide for all joggers, runners and even world class racers.â • â •Don Paige, Winner of 800-meter event, U.S. Olympic Trials, 1980

Dr. Murray F. Weisenfeld is the co-author of The Runner's Repair Manual.

Simply the best book on runner's injuries that I have even seen. It is true that it has not been updated in several decades, but it worked when it came out, and it works now. I have run and raced every distance from a mile to a hundred miles in the last 30 years. Consequently, I have had a lot of injuries. This book has always been very good in pointing out the problems and giving good solutions. I have helped many of my running friends throughout the years with the advice from this book. I lost it several years ago and when my son got into competitive running he started having injuries. I bought the book again and he has found it as helpful as I did.

Ok so the book was written in the 80s but the information in it is still pretty accurate. I'm a avid runner and always reading and experimenting with the knowledge of this sport

This book lists very systematically all (or most) injuries that runners might suffer, and offers explanations and remedies for each of them, as well as guidelines for avoiding such injuries. Whether you are a seasoned runner or a novice - but especially if you are a novice! - you would do well to have a look at this book, it may save you quite a bit of suffering. I had a couple of other books dealing with the subject, and after getting this one, I never looked at them again. A very well-organized, clearly written book. I would recommend it to any runner.

This book gives some great guidance for runners who are having pain most anywhere. I had knee and shin splint problems and with the book I was able to cure both. The exercises it shows target week muscle groups and the exercise is easy to do and the results are hard to believe. I was able to

get rid of two knee braces and keep on running free of knee pain. Great book. Ron of Pensacola, FL.

A friend told me about this book and it is as helpful as he said. This is just a great overall book if you walk, jog or run. Fabulous, easy to read information. Love it!!! If you have any pains in legs, hips, back or feet it helps you figure out what might have caused it and what you can do to get over it. Everyone who exercises needs this book. Fabulous.

This was a big disappointment. I bought it because I saw a recommendation for it after I had an injury from running. I felt the author left key information out of the book. He never even mentions the peroneal tendons (tendons that run under the ankle to the outside of the foot and also to the big toe, and manage the stability of your steps) ... of which I have huge issues with. He also glosses over the condition of supination, and how to handle it. (Basically doesn't discuss it at all) I felt I knew more about this than the author. Also, he recommends running with a heel strike first. I know there is a lot of disagreement on this, but as an advocate of chi-running, heel strike seems to cause bad form and injuries. I wish I could return it. :(

I started reading this book in hopes of learning something new but found information that is totally out of date, almost useless and incorrect. There are much better books on running. Don't waste your money on this book.

Not sure if it helped any or not reading it. In the long run (no pun intended) it did. I think as I got more into running, the more I needed the info this book provided. Short and simple.

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