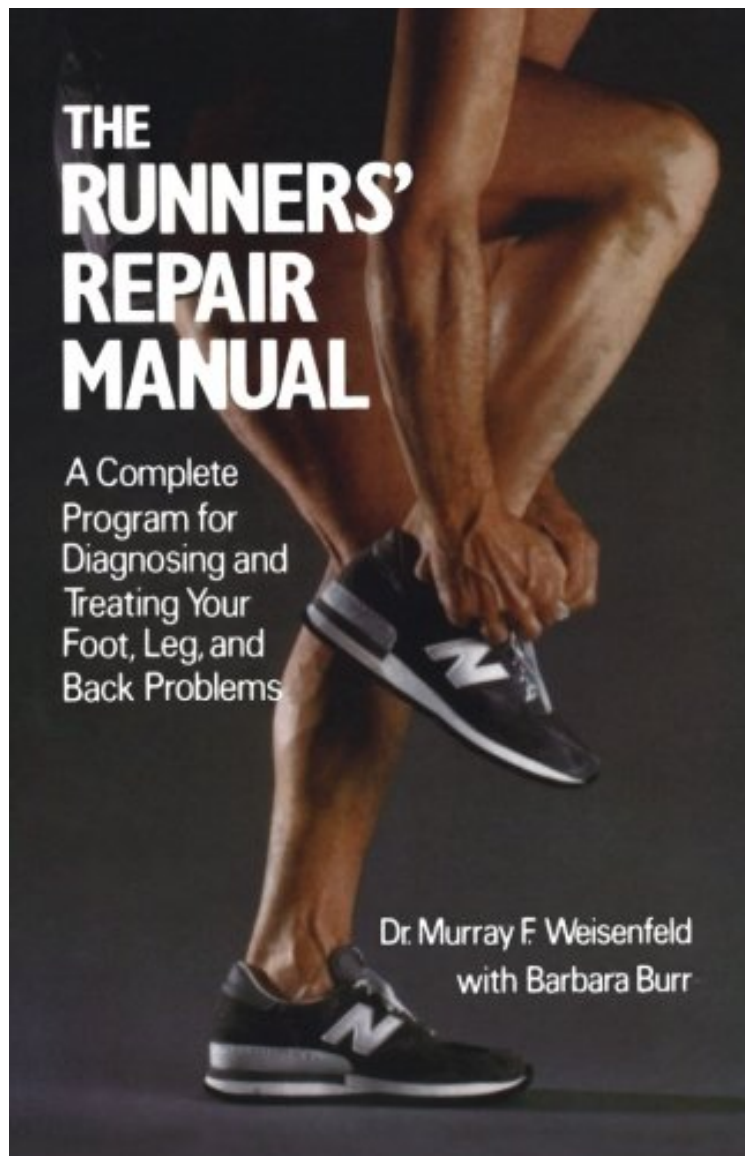


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The Runners' Repair Manual: A Complete Program for Diagnosing and Treating Your Foot, Leg and Back Problems

Murray F. Weisenfeld, Barbara Burr

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Murray F. Weisenfeld, Barbara Burr : The Runners' Repair Manual: A Complete Program for Diagnosing and Treating Your Foot, Leg and Back Problems before purchasing it in order to gage whether or not it would be worth my time, and all praised The Runners' Repair Manual: A Complete Program for Diagnosing and Treating Your Foot, Leg and Back Problems:

1 of 1 people found the following review helpful. If you have a running injury get this book
By Customer
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.
0 of 0 people found the following review helpful. ... the 80s but the information in it is still pretty accurate. I'm a avid runner and always reading ...
By TCM
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
0 of 0 people found the following review helpful. Very useful book
By D.B.
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.

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.

“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.”
Ellison Goodall, International cross country competitor
“There'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.”
Kathy Switzer, First Woman to run in the Boston Marathon
“I 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.”
Don Paige, Winner of 800-meter event, U.S. Olympic Trials, 1980
About the Author
Dr. Murray F. Weisenfeld is the co-author of *The Runner's Repair Manual*.