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Anatomy for Runners: Unlocking Your Athletic Potential for Health, Speed, and Injury Prevention. Jay Dicharry, MPT, SCS Skyhorse Publishing, New York City, NY, 2012. 309 pages, paperback, \$14.95 USD. ISBN: 978-1-62087-159-1. Anatomy for Runners consists of ten chapters progressing from ...

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The mobility and stability tests will assess your form, and the corrective exercises, along with step-by-step photos, will improve your core and overall performance, so that you can train and run with confidence, knowing how to avoid injuries "The joy and thrill of running is often marred by injuries that can bother you for a few weeks or for ...

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