

CGH #021: The Injured Runner | Allan Besselink

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Join me on BlogTalkRadio on Tuesday November 10, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". If you're running a winter or spring marathon, you're probably well into your training by now. Unfortunately, this is also the time that the first big wave of running injuries appear. In this episode, I will discuss the injured runner - and an evidence-based approach to dealing with your running injury optimally.

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink> and also download this and previous episodes here as well.

Join us for this important discussion on the issues facing the injured runner.