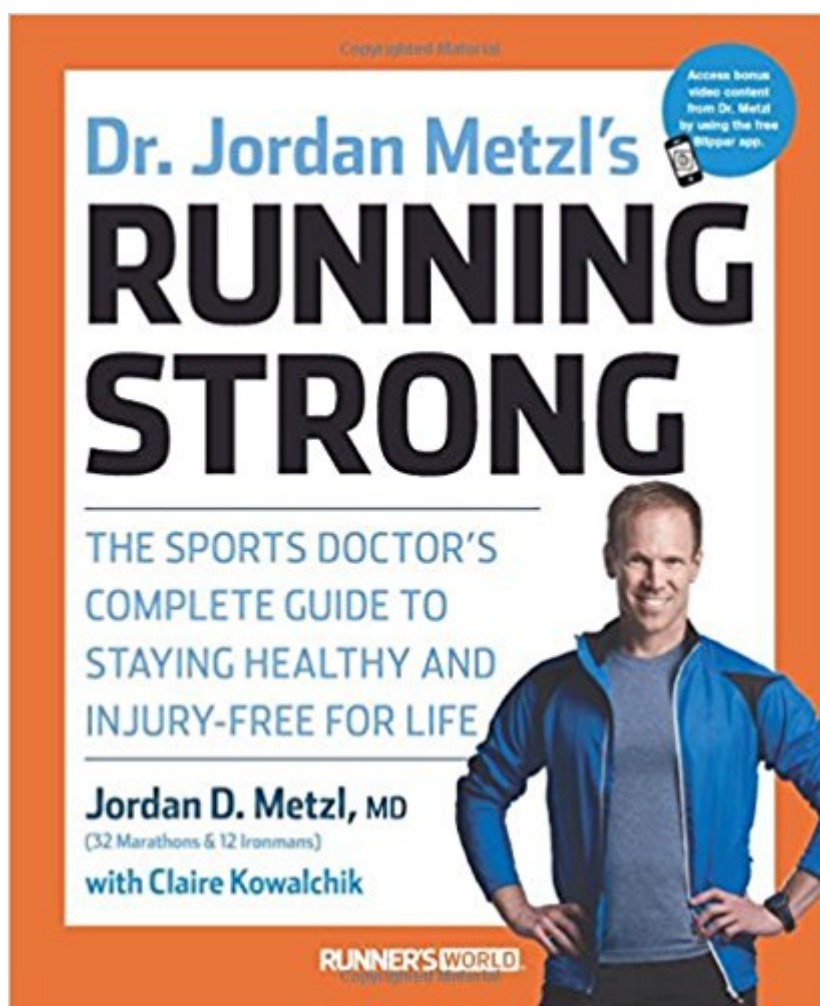


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# Dr. Jordan Metzl's Running Strong: The Sports Doctor's Complete Guide To Staying Healthy And Injury-Free For Life



## Synopsis

Step into my office if you want to run faster, stronger, and pain-free. Whether you're a new runner training for your first race or an experienced marathoner, this cutting-edge book will keep you on the road and running faster. With comprehensive, illustrated information on running health and injury prevention, this book is the first to include embedded scan codes that lead readers to videos addressing such issues as shin splints, plantar fasciitis, stress fractures, and runner's knee. Not only will runners be able to read about how they can treat and prevent hundreds of medical and nutritional issues, they'll be able to walk into a top-level video consultation 24 hours per day, 7 days per week, from anywhere in the world!

## Book Information

Paperback: 320 pages

Publisher: Rodale Books (March 31, 2015)

Language: English

ISBN-10: 1623364590

ISBN-13: 978-1623364595

Product Dimensions: 7.4 x 0.4 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 99 customer reviews

Best Sellers Rank: #126,777 in Books (See Top 100 in Books) #15 in Books > Health, Fitness & Dieting > Sports Health & Safety #205 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #259 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

I can know from firsthand experience how critical injury prevention and treatment are to a runner's performance, and Dr. Jordan Metzl's *Running Strong* covers these subjects thoroughly. If you want to achieve your distance-running goals, this book is for you.

• Meb Keflezighi, champion marathoner and author of *Meb for Mortals* "While back, my knees were hurting so much that I was having trouble even walking up stairs. I met with Dr. Metzl, and after a couple of quick tips, I was back to my 5 a.m. daily runs. How great it is that now he has a book in which he can share his expertise with the world."

• Hoda Kotb, cohost, *TODAY* "For an ultramarathoner such as me, who is constantly pushing himself to his physical limits and beyond, health isn't just important, it's everything. And while most runners will never attempt to run 135 miles across Death Valley in the middle of summer, this outstanding book is an indispensable tool for anyone looking to stay healthy

and strong no matter the distance.âââDean Karnazes, ultramarathoner and New York Times bestselling authorââOver the course of 40-plus years as a competitive runner, I've run 3,452 miles across the United States, completed 137 marathons, 9 Ironman triathlons, and logged more than 150,000 miles on the road. But there's no way I could ever have done any of that had I been plagued by injury. As a competitive endurance athlete himself, Dr. Jordan Metzl knows as well as anyone how to prevent injuries and to treat them when they inevitably arise. In *Running Strong*, he distills his vast knowledge in an accessible manner that is sure to benefit runners of all ages and abilities.âââDave McGillivray, president, DMSE Sports, Inc.; race director, BAA Boston MarathonââDr Jordan Metzl, a leading sports medicine doctor, invites runners from around the world into his office with *Running Strong*. The combination of information with the personal touch of video provides the desired feeling of caring help. It is an interesting and effective approach which is sure to help runners of all abilities.âââUta Pippig, three-time winner of the Boston and Berlin marathonsââRunning is a gateway to a healthy and happy life. Dr. Metzl captures that spirit perfectly in *Running Strong*.âââMary Wittenberg, president & CEO, New York Road Runners; race director, TCS New York City MarathonââThe two words every endurance athlete holds near and dear to their heart are INJURY-FREE. Dr. Jordan Metzl's *Running Strong* breaks down best practices for runners of all ages and ability levels to stay injury-free while taking their training to the next level.âââBart Yasso, chief running officer, Runner's World

Jordan D. Metzl, MD, is a sports medicine physician at Hospital for Special Surgery, America's premier orthopedic hospital. Voted among New York City's top sports medicine doctors by New York magazine, Dr. Metzl takes care of athletic patients of all ages and lectures and teaches extensively. He lives in New York City. Claire Kowalchik is a freelance writer/editor with more than 20 years of experience. She lives in Emmaus, PA.

I normally do the bulk of my reading in the winter and in an effort to supercharge my running I read 4 of the more highly rated books from reviewers this past winter. The other books were excellent but this book by far is my favorite. I initially brought it as a book to help me overcome an injury that I thought were shin splints but it turns out that it was not thanks to this book. I thought that it only covered injuries and how to heal but that is only the first half. Everything else that you need to know about running from A - Z is covered and most importantly is explained to you in layman's language why you need to follow the advice. From the foods, training, strengthening exercises to stay healthy, what clothes to wear..... it has it all. Strongly recommended

Great Book (actually all Dr. Metzl's books are Wonderful). It's a must for any athlete for proper exercise & to solve most problems and injuries that occur. If you want to learn the physiology and proper stretching along with Great illustrations, you should invest in this book. I can't recommend it enough and it's help me to stay healthy and injury free as a running. Many Thanks to Dr. Metzl for his advise and insight. Hope to get to meet him some day to show him my appreciation for a book truly well written.

I liked this book so much I bought the Iron Strength DVD as soon as it came out. I'm only 2 workouts into it, but it's intense and stems from everything he talks about in the book. No matter what issue you are having, he covers it in this book. AND he discusses how to fix it! If you want to stay injury free and improve your running, I think this book (and the subsequent dvd) are must-haves. It's a little redundant at times ( the solutions are often similar for different issues) but it is thorough and easy to understand. I have permanent knee issues from severe (motorcycle) trauma and I found it easy to do this work out, there were no moves I could not do, unlike other work out DVD's.

If we just run without watching form and strength, our bodies are not mechanically balanced. This book gives practical approach to get strength training and avoid injury. If you are already injured it would help you to understand what you need to do to help your balance and overloads in muscles, tendons, bones. I enjoyed having the book on kindle because it has videos that you can watch with the routines and explanations. The only thing I didn't like was the recommendation on eating dairy products as the main source of calcium, you could have collard greens, broccoli, kale, salmon, beans, tofu, etc.

Just finished the book, if you are a running this is the book for you, bought one for my daughter, Dr. Metzl covers everything to can imagine, it helped me with running form, and strengthen my lower body, which made me enjoy running even more than I did, does cover all types of injuries', and numerous other topics, how to prepare for a 5K, 10K, 1/2 marathon, etc; etc; one of my running partners also just picked up the book. Great, great book.

I am a runner training for my first full marathon, and this book (along with the DVD I ordered) is very helpful for understanding the injuries I've had recently, and how to rehab them (and prevent any

further running injuries). Dr. Metzl is a runner himself, and has a very down-to-earth approach. I would recommend this book to anyone who is prone to running injuries -- or to help prevent them!

Love this book. I haven't read it beginning to end, rather I refer to it often when I have an ailment or a question. It has come in handy in our household. Highly recommend this book for everyone who works out and encounters injuries from working out

I am re-reading this book - so much great information - very comprehensive. I love the audio visual parts - a great way to back up the text. The doctor explains clearly; the language is not too technical. He has a great attitude in that he is positive, understanding and flexible. He is a proponent of modifications - thereby making you feel more comfortable about your abilities. I can't wait to read this book again. I have already taken his advice about shortening my stride, using a foam roller.

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