



# You can run pain free!

*Brad Beer*

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## **You can run pain free!** Brad Beer

Have you ever wondered if it is truly possible to run pain and injury free?

Do you yearn for the day that you will be able to enjoy the many benefits that running brings by running pain and injury free?

Sadly, among many runners is an inherent yet often unspoken belief that it isn't possible to run pain and injury free. Many runners believe that if you run far enough and for long enough, injury will be the inevitable result. In **You CAN Run Pain Free! A physio's 5 step guide to enjoying injury-free and faster running** readers will discover how to both prevent and overcome running injuries, and go on to enjoy new levels of exercise pain and injury free, and ultimately faster running.

Written by a highly successful physiotherapist and an accomplished triathlete and runner, this book offers runners of all levels hope - hope that it is indeed possible to run pain and injury free. This book is written for any runner who:

- is seeking to proactively prevent injuries - is currently injured and looking to return to running
- has been previously injured and never made a return to running
- is not concerned about injury prevention or rehabilitation but just wants to get faster.

Brad Beer is a Gold Coast based physiotherapist. In 2006 Brad founded his first practice now known as POGO Physio. Brad himself has delivered in excess of 25,000 physiotherapy consultations. Recognised as a leading authority on running injury prevention and rehabilitation, Brad - himself an avid runner - is passionate about seeing people unlock their true physical potential and discover the many joys and benefits of running.

"It never ceases to amaze me how quickly I'm on the road to recovery or just generally tuned up every time I see Brad. I often say 'he is a genius!'" - Mat Rogers, Dual Australian Rugby Representative

"Brad's unique 5 step approach is a proven method for beating running injuries. This book will assist you to finally run pain and injury free." - Hayley Bateup, Ironwoman Champion

"Utilising the exercises contained within this book I was able to go from not being able to walk downstairs without severe knee pain to being back in full training in only 4 weeks." - Luke McDonald

"As a professional athlete the ability to run pain and injury free has been critical to my performance. At last Brad has distilled the same principles he has used to help me run pain free over my career into a resource available to runners of all levels." - Shannon Eckstein, Ironman Champion

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### **From reader reviews:**

#### **Lillian Chatman:**

A lot of people always spent their free time to vacation as well as go to the outside with them family members or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book you read you can spent the entire day to reading a e-book. The book You can run pain free! it is very good to read. There are a lot of people that recommended this book. They were enjoying reading this book. In the event you did not have enough space to develop this book you can buy often the e-book. You can m0ore very easily to read this book from the smart phone. The price is not to cover but this book possesses high quality.

#### **Linda Manning:**

Reading can called mind hangout, why? Because while you are reading a book especially book entitled You can run pain free! your mind will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely will end up your mind friends. Imaging each word written in a e-book then become one form conclusion and explanation that will maybe you never get ahead of. The You can run pain free! giving you yet another experience more than blown away your brain but also giving you useful details for your better life on this era. So now let us present to you the relaxing pattern this is your body and mind will likely be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

#### **Charles Bryce:**

You can run pain free! can be one of your beginner books that are good idea. We recommend that straight away because this reserve has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to set every word into joy arrangement in writing You can run pain free! yet doesn't forget the main place, giving the reader the hottest and based confirm resource facts that maybe you can be one of it. This great information can drawn you into fresh stage of crucial pondering.

#### **Catherine Stoltenberg:**

That reserve can make you to feel relax. This book You can run pain free! was multi-colored and of course has pictures on the website. As we know that book You can run pain free! has many kinds or genre. Start from kids until adolescents. For example Naruto or Investigation company Conan you can read and think that you are the character on there. Therefore not at all of book are usually make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book to suit your needs and try to like reading that will.

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