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Anatomy for Runners consists of ten chapters progressing from anatomy and running biomechanics, to assessment and rehabilitation techniques. Jay Dicharry is a biomechanics researcher and therapist at SPEED Clinic and Motion Analysis Lab, and instructor at University of Virginia.

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I m in the middle of a crazy busy couple of weeks right now with traveling over 20,000 miles in a little over a month. Consequently, my posts may be a little shorter than usual for a while.

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