

BIBLIOTECA ESPORTIVA MUNICIPAL

CENTRE D'ESTUDIS OLÍMPICS DE CASTELLÓ
PATRONAT MUNICIPAL D'ESPORTS



SI ERES TÈCNIC O TENS INTERÉS
EN ALGUN LLIBRE RECOMANANS
ELS QUE CONSIDERES QUE
HEM DE TINDRE A LA BIBLIOTECA



SI TENS ALGUN LLIBRE O REVISTA ESPORTIUS
QUE JA NO NECESSITES POTS DONAR-LOS
A LA BIBLIOTECA ESPORTIVA MUNICIPAL

HORARI:
Dilluns a
divendres de
8.00 a 15.00.
Si necessites
un altre horari
demana'ns-ho.



des d'octubre de 2004

Llibres
Videos i DVD
CD Rom
Cartells
Fulletts
informatius
Revistes



MARATÓ i atletisme de fons

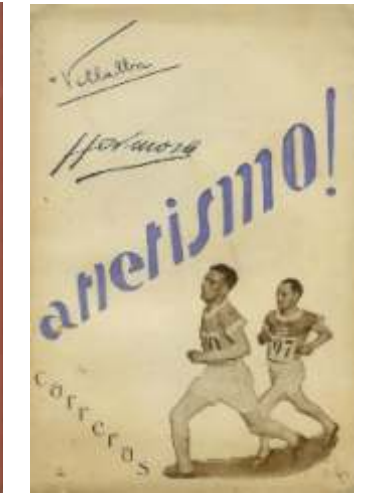
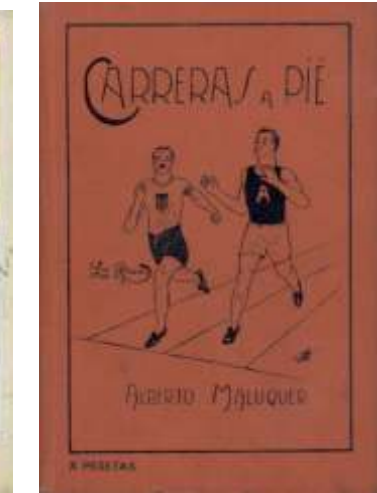
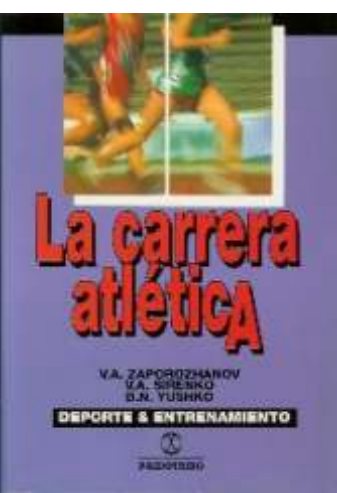
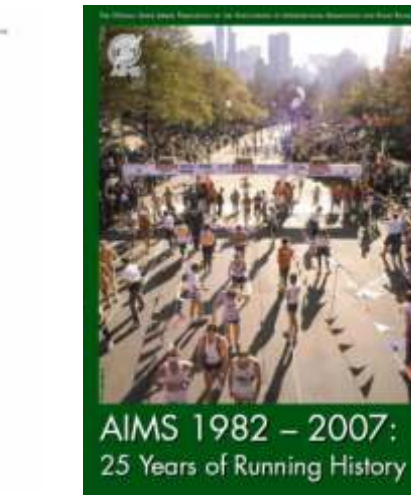
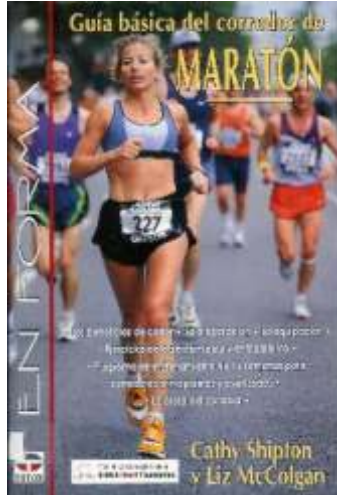
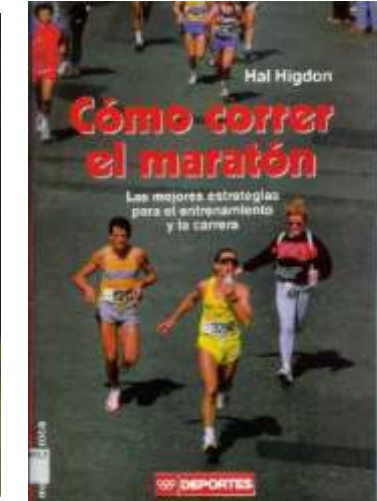
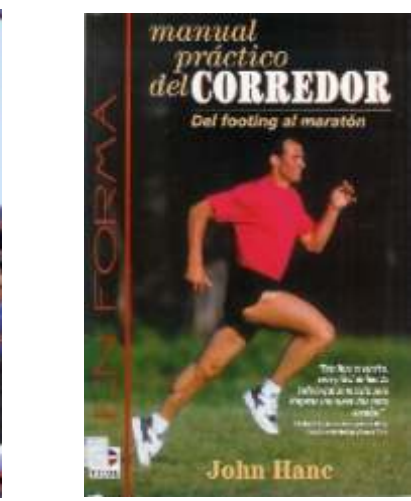
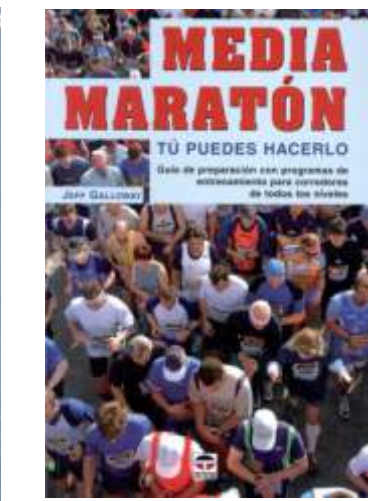
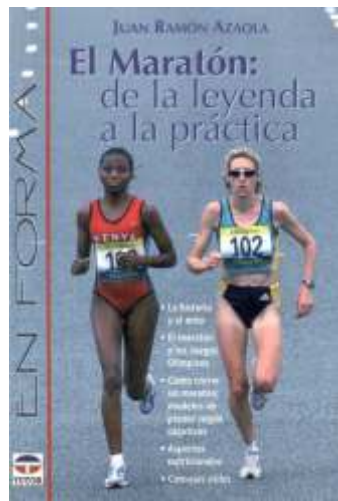
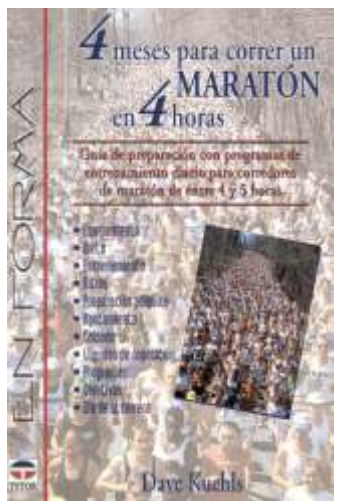


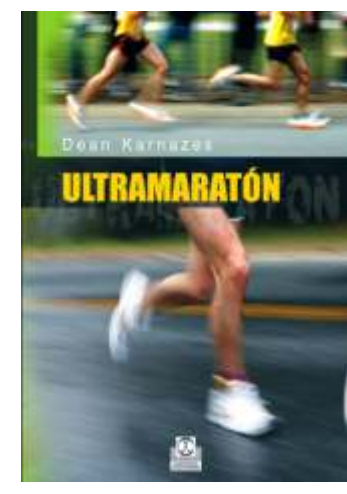
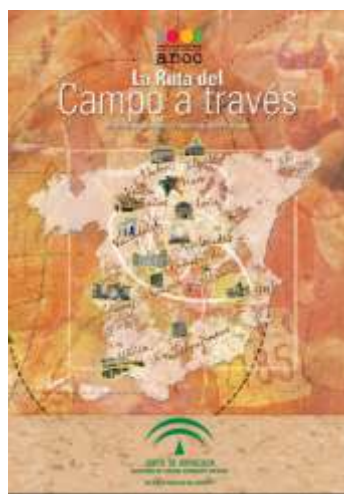
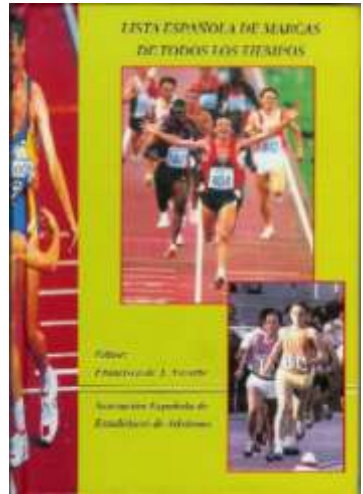
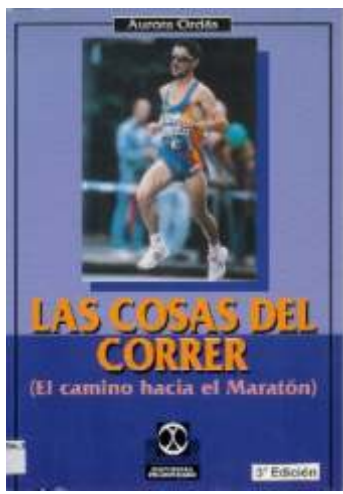
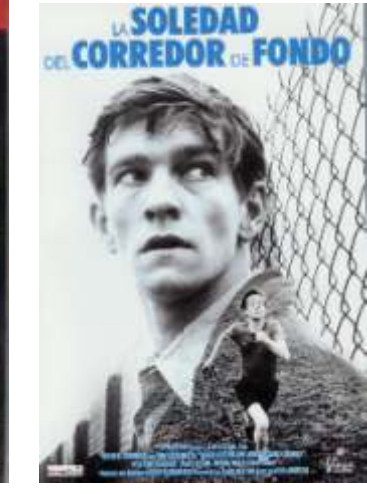
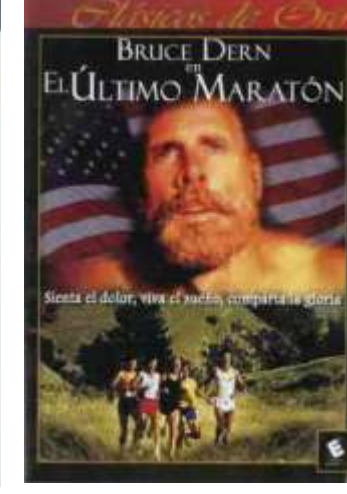
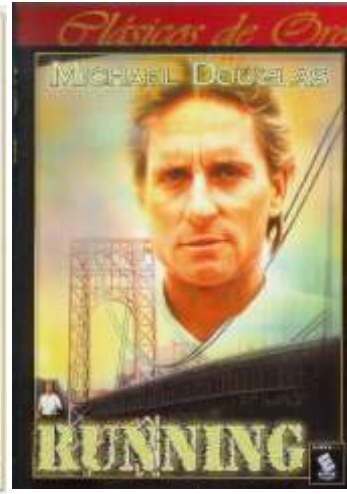
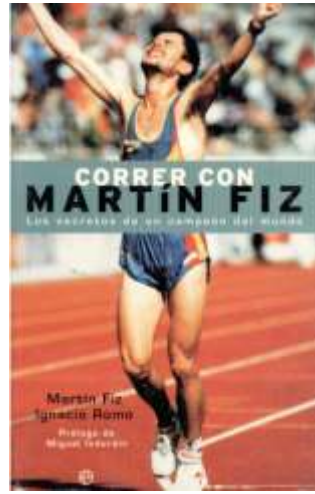
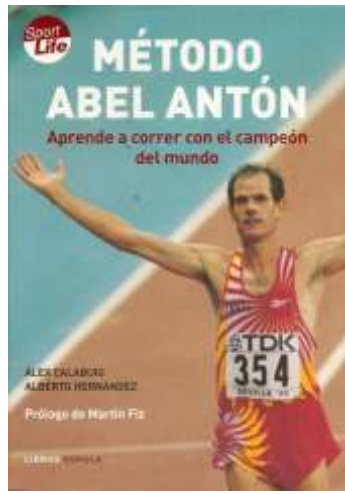
Juliol 2020

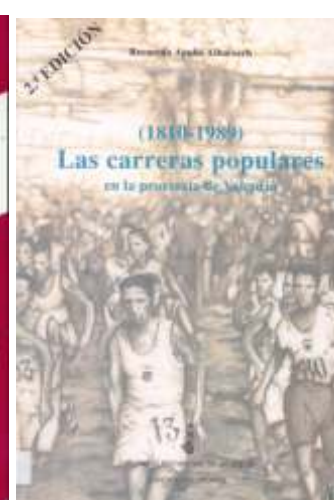
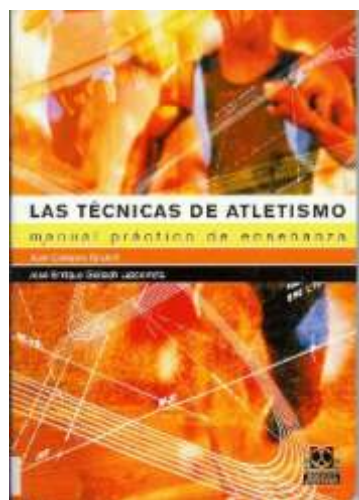
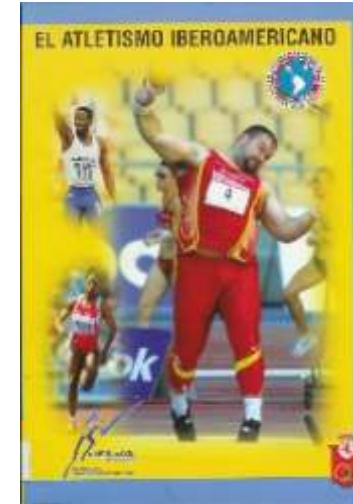
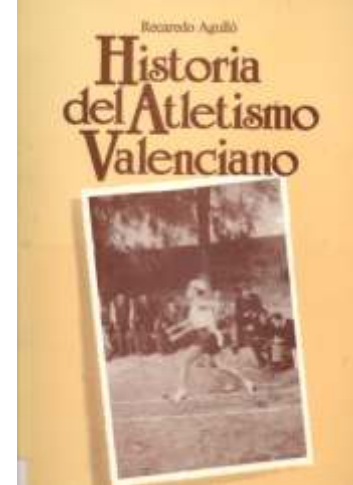
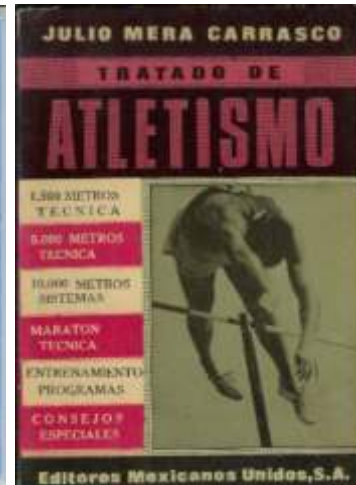
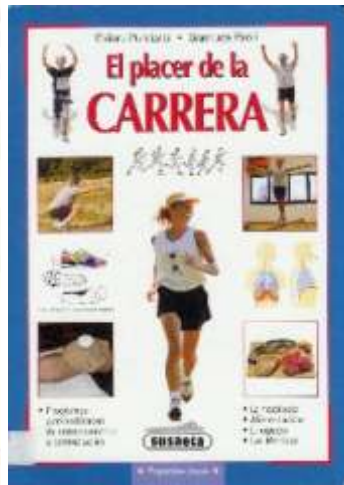
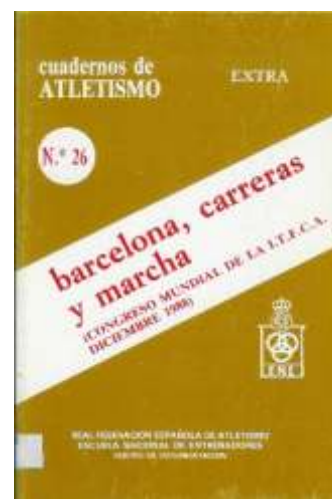
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email: esports@castello.es ** <http://esports.castello.es>

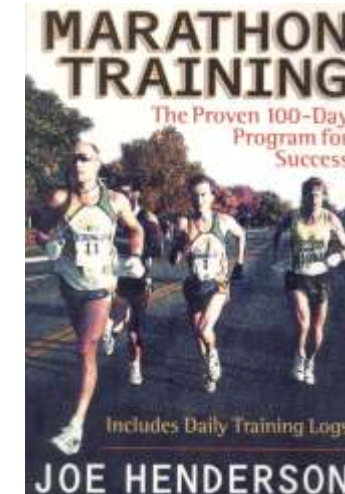
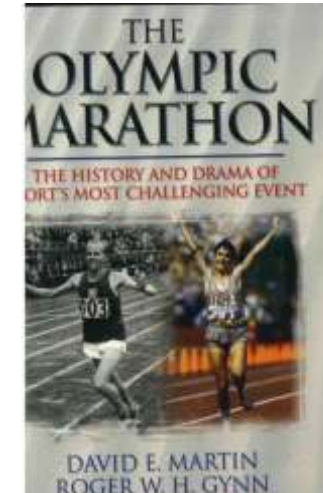
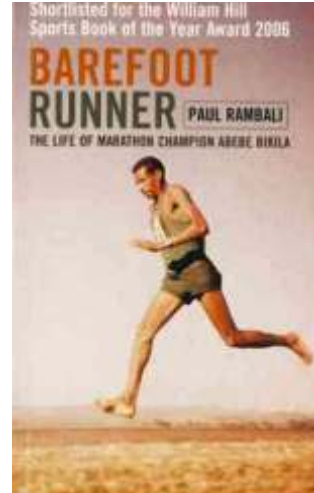
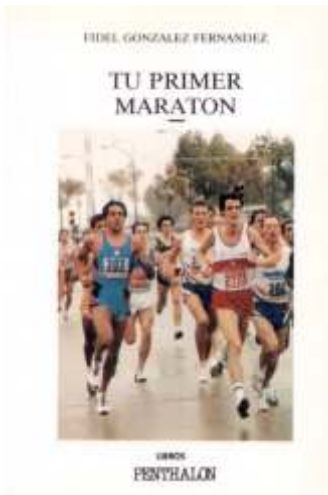
BIBLIOTECA ESPORTIVA MUNICIPAL













Lesiones podológicas del corredor de fondo

Ignasi Galland y Ana María Escobar
INSTITUTO DE INVESTIGACIONES BIOMÉDICAS DE LA UNIVERSITAT DE VALÈNCIA

Discusión

En este artículo se discuten las administraciones de los pies de los corredores de fondo y se analizan las lesiones podológicas que se producen en ellos. Se describen las lesiones más comunes y se discuten las medidas preventivas y terapéuticas que se deben tomar.

Palabras clave

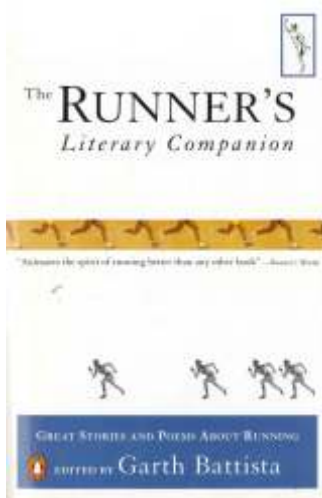
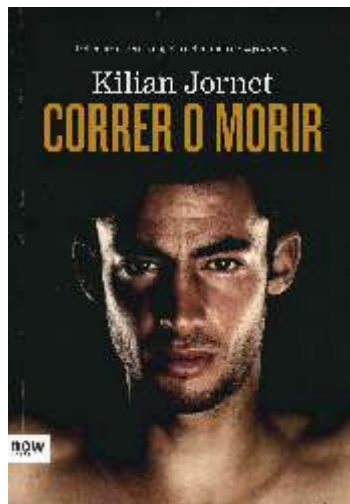
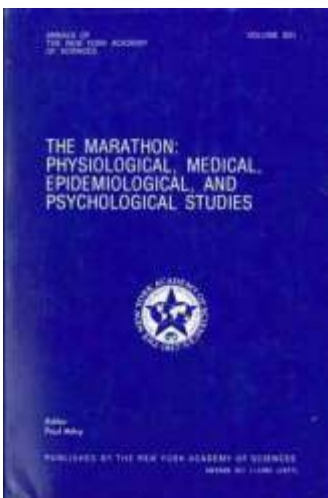
Lesiones podológicas, corredores de fondo, administración de los pies.

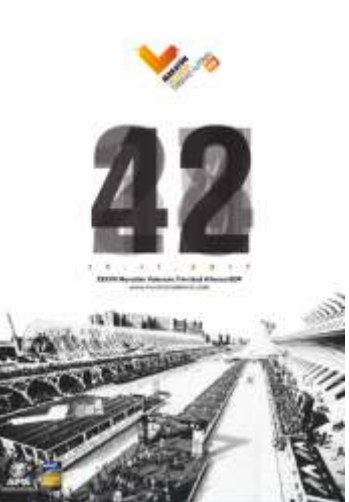
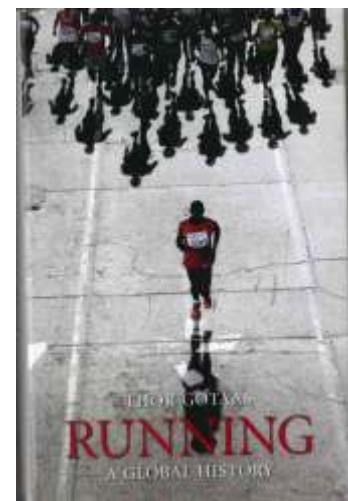
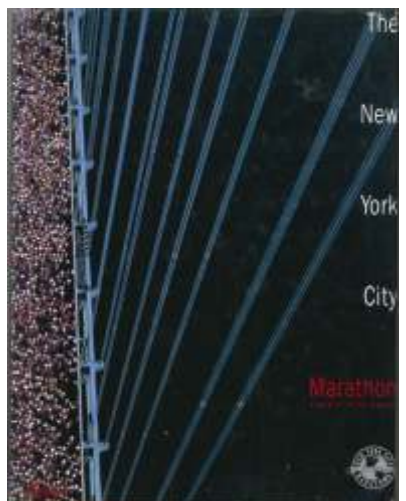
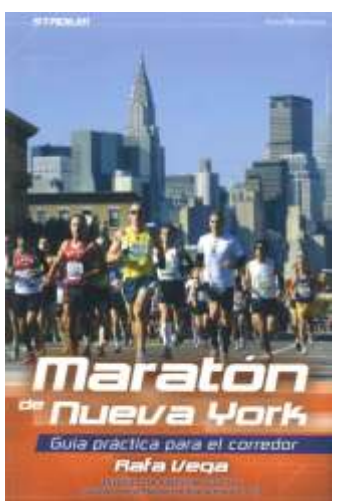
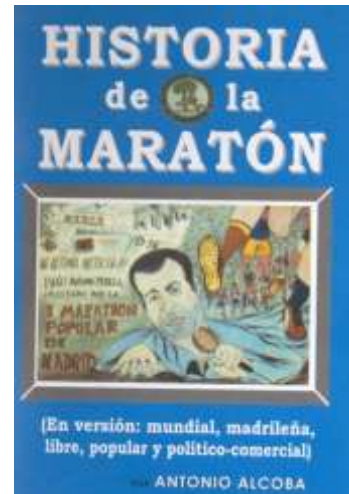
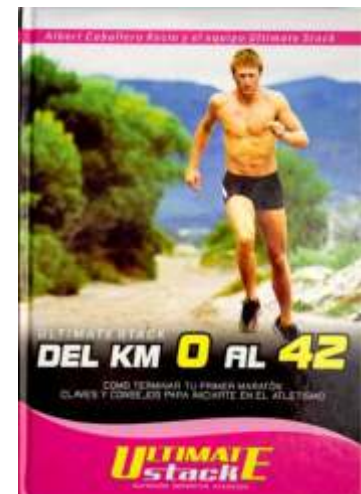
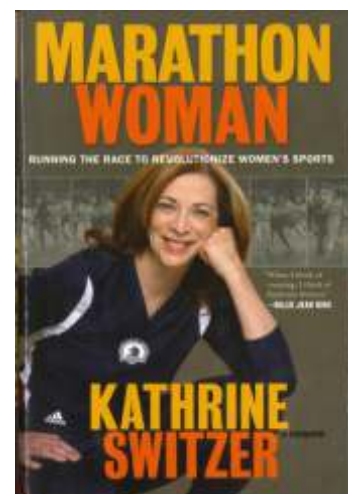
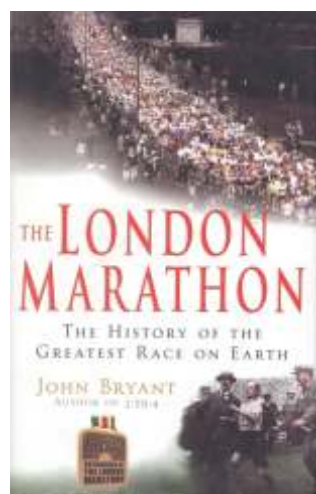
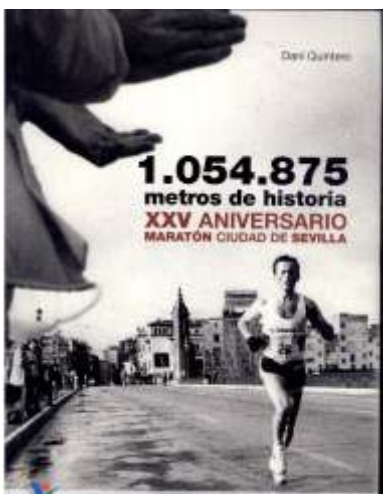
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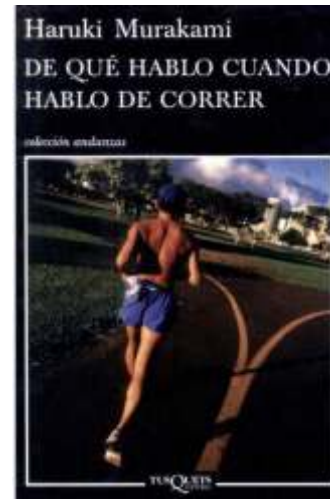
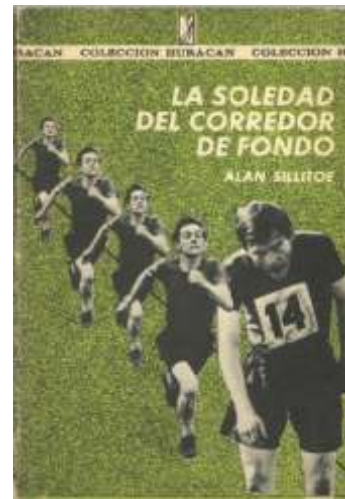
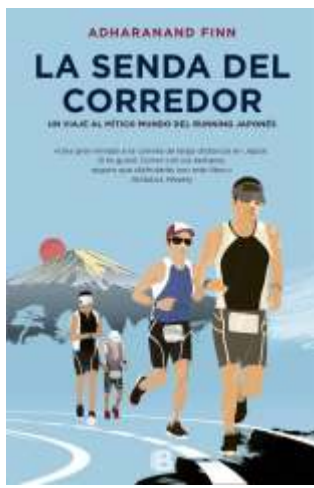
Se debe prestar atención a la administración de los pies de los corredores de fondo y a las lesiones podológicas que se producen en ellos. Se describen las lesiones más comunes y se discuten las medidas preventivas y terapéuticas que se deben tomar.

Key words

Podiatric lesions, long-distance runners, foot care.







Haruki Murakami
De qué parlo
quan parlo de córrer

