

Prehab For Injury Running Enzofederico

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~~The Prehab Guys — Online Physical Therapy~~

Welcome to the signature Prehab Run Warmup that was developed by Dr. Alex Gometz specifically to prevent common injuries in runners. Follow this warmup before every run and experience a smarter run. It is a dynamic progression of a movement geared toward enhancing muscular blood flow, increase core temperature, and stimulate proprioceptive mechanisms in the body.

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