

You Can Run Pain Free! By Brad Beer

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Nov 30, 2014 In March 2015 POGO's founder Brad Beer's debut book 'You CAN Run Pain Free! A Physio's Five Steps to Injury-Free and Faster Running' will be released

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In You CAN Run Pain Free! Brad Beer is a Gold Coast based physiotherapist. In 2006 Brad founded his first practice now known as POGO Physio.

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Oct 13, 2014 Physiotherapist and Author of You Can Run Pain Free: A Physio's 5 Steps to Injury-Free and Faster Running (release 2015) shares 5 key running technique

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GUEST POST For this post I invited my husband Brad Beer physiotherapist and Author of the AMAZON Running and Jogging Bestseller You CAN Run Pain Free!

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