

You Can Run Pain Free! By Brad Beer



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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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You can run pain free!: a physio's 5 step guide

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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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