

**L'importance de la part technique dans la course pied** - le d roulement du pied poursuivons l'exploration de la prise d appui avant pied dans un premier temps bondissez sur place en maintenant les talons haut puis dans un second temps laissez les descendre jusqu'à ce qu'ils viennent effleurer le sol dans le premier cas les tensions qui s'exercent dans les mollets sont levées, **douleur la cheville interne externe traitement et repos** - le repos le premier traitement suivre lors des pathologies les plus fréquentes affectant la cheville est de mettre l'articulation au repos l'articulation afin d'apaiser l'inflammation aiguë, **par où commencer randonner malin** - votre article concernant le choix de ses chaussures de randonnée est très bien conçu et didactique si après avoir lu l'ensemble du dossier on ne comprend toujours pas que les chaussures doivent correspondre à un type de pratique il faut se poser quelques questions sur soi-même

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