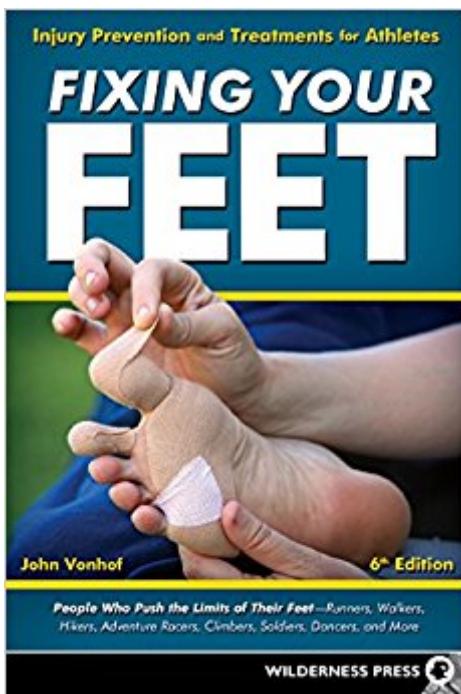


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# Fixing Your Feet: Injury Prevention And Treatments For Athletes



## Synopsis

Foot pain and injuries can thwart even the most experienced athletes. Foot expert and ultra runner John Vonhof discredits the conventional wisdom of 'no pain, no gain,' teaching instead how the interplay of anatomy, biomechanics, and footwear can lead to happy or hurting feet. With a focus on individual and team care, the 6th edition of Fixing Your Feet covers all that any active person needs to know to find out what works now and also hundreds of miles down the road. This sixth edition has an important new chapter, Blister Prevention - A New Paradigm. It contains new information about blister formation and introduces the concept of shear, which in turn, changes the way we look at blister prevention and treatment. This comprehensive resource covers the full gamut of footwear basics, prevention, and treatments. If it can happen to a foot, it's covered in this book.

## Book Information

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## Customer Reviews

As a veteran of more than 80 marathons as well as ultramarathons up to 100 miles, and being a podiatrist for 18 years, I thought I knew it all. John's comprehensive approach of asking the so-called medical experts as well as the real experts out in the trenches for their tried-and-true advice will bring you more value for your endurance event than a podiatry degree ever will.--Bill Johncock, DPMFellow, American Academy of Sports MedicineBoard Certified, American Board of Pediatric SurgeryJust about everything I have learned and passed on about working on endurance athletes' and soldiers' feet I have learned from watching John completely and patiently repair blistered feet that I would have considered candidates for amputation.--Anthony C. "Woofie" Humpage, CSCS, FMSUSA Triathlon Certified CoachBadwater Ultramarathon medical

teamDeveloper of SELECTED! a program for U.S. Army Special ForcesThis is it--the best book ever written on foot care. Everyone who has been bothered by foot problems or wants to prevent them should own this book.--Bill Trolan, MD, author of the Blister Fighter Guide and medical consultant to adventure racing teams

John Vonhof has 34 years of experience as a runner, hiker, and medical professional. He has provided medical aid at numerous events around the world. He continues to be sought out for his expertise and experience, especially for multi-day events. He lives in Manteca, CA.

A great book just got better. The information added on blisters and the concept of "shear" in the 6th Edition is really important information. I am considering buying a copy for my son's and daughter's family. You don't realize how important your feet are until you encounter a problem. So it makes sense to take preventive measures. Everyone who walks, runs, climbs, or hikes, should have a copy of this book.

Excellent very detailed how-to resource that every iron-distance triathlete, full marathoner, ultramarathoner, hiker, distance walker, etc. should have. Latest evidence-based blister prevention strategies, but way more than that. All the foot problems you'd be likely to encounter in any lengthy event where you use your feet nonstop and/or in difficult conditions (constantly wet for example). What to do to prevent problems and very, very detailed guidance on exactly how to fix them in the field.

I would really like to have given 3.5 stars. The book has some good information however it repeats itself (a lot), and at time seems verbose adding paragraphs with very little information (I believe in an attempt to lengthen the page count). In addition, I purchased the book because I am a hiker. The book is pretty much focused on extreme competitive running and taking care of your feet for such events. To be clear, I did glean some very good information from the book to help me purchase shoes and inserts that fit my feet more properly.

I usually don't have problems with my feet but one run in a new brand of shoes gave me a blister on my heel and the skin tore off. With a big race on the horizon, I was not able to take time off from running. I tried several suggestions in this book and found the one that worked for me. This is actually my second copy. The first copy accidentally got water logged. While it is good to read once,

this book is more like a reference manual than a book for reading. It is a definite "must have" when you encounter foot problems. But also, buy it now just to learn more about problem prevention. It is better to have a copy for when you unexpectedly need it.

Lot of good advice for taking care of your beat up feet. My daughter lent me her book, & I was so impressed I ordered my own copy.

Very helpful. What I learned from this book got me through my first 100 with no blisters or feet issues of any kind. I'm so glad I read it.

Excellent book, and must have for every serious (and not so serious) long distance or ultra runner, hiker, or simply anybody who spends a lot of time being active on their feet. I had the previous two editions, and found this updated edition well worth the money spent. The text reads well, provides just enough background to understand what may cause a problem, but stays away from being too doctrinal with its advice of how to address a problem. Rather it emphasizes the need to find what works for you, and provides a range of tried and tested approaches to help find the approach that hopefully works for your specific situation. In doing so, the author draws on his extensive professional knowledge, but also on the experience of ultra runners/hikers etc., and provides many useful links.

Excellent and comprehensive

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Feet : Book of Prehistoric Animals for Kids: Prehistoric Creatures Encyclopedia (Children's Prehistoric History Books) African holistic Health: Complete Herb Remedy Guide, Disease Treatments, Nutrition, Diet, Wholistic Perspectives, africa Herb History, Self Diagnosis, Charts, Wholistic Sex Laws, Herpes and AIDS Treatments, Cocaine Detox, and Foods That Kill Carpal Tunnel Symptoms and Treatments: All about Carpal Tunnel Syndrome Causes, Diagnosing, Symptoms, Signs, Non-Surgical and Surgical Treatments, Alt Natural Dandruff Treatments~Natural Non-Chemical Treatments for Dandruff Psoriasis and Seborrheic Dermatitis~ Dealing with the "Root" of the Problem~ Do You Really Want to Know? How to Get Rid of Cellulite: Cellulite Treatments, Exercises, Prevention & Natural Remedies - On Your Thighs, Stomach and Legs (Natural Remedies For Cellulite) Treating Your OCD with Exposure and Response (Ritual) Prevention Therapy: Workbook (Treatments That Work) Stroke and Brain Injury Unraveled: Prevention, Causes, Symptoms, Diagnosis, Treatment, Recovery and Rehabilitation of One of the Most Debilitating Maladies You Hope You Never Have in Your Lifetime Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) 21st Century VA Independent Study Course: Medical Care of Persons with Spinal Cord Injury, Autonomic Nervous System, Symptoms, Treatment, Related Diseases, Motor Neuron Injury, Autonomic Dysreflexia Managing Spinal Cord Injury A Guide to Living Well with Spinal Cord Injury Hair Loss Solutions: Causes, Prevention and Treatments

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