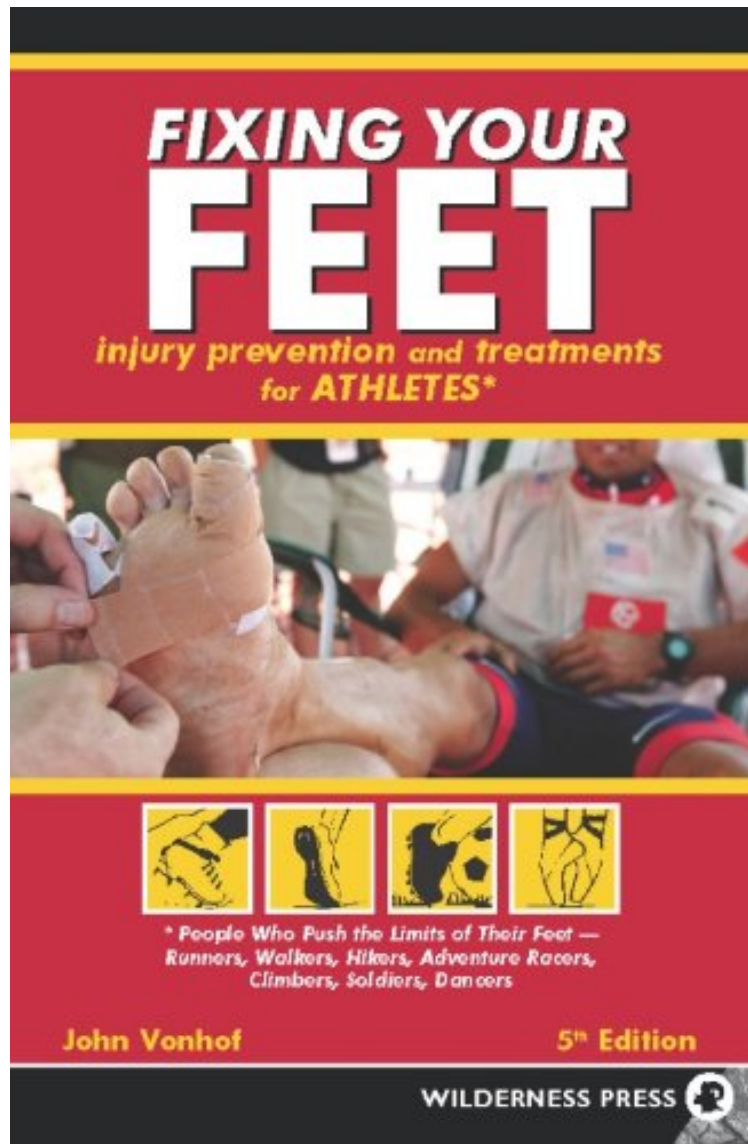


Fixing Your Feet: Prevention and Treatments for Athletes

John Vonhof

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John Vonhof : Fixing Your Feet: Prevention and Treatments for Athletes before purchasing it in order to gauge whether or not it would be worth my time, and all praised Fixing Your Feet: Prevention and Treatments for Athletes:

34 of 35 people found the following review helpful. Full of good information By Scruffy Plantar fasciitis laid me up for 6 weeks before I bought this book. I am skeptical about "cures in a book". What I found here is a compilation of common sense and collective knowledge regarding the health of your feet. For a runner, foot health is critical. Having read the criticism of this book, I still ordered it. To me searching the web and trying to separate the solid info from the

"stuff" is not for me. I am not willing to experiment on myself to save a buck. The author answered questions I had not thought to ask and I would never have found that information on my own. The info in this book has been vetted by the author and his sources. It has helped me establish a plan that has got me running again and that is worth a great deal to me. The bottom line is that I found it useful for more than my PF. If you're looking for an instant cure, it doesn't exist. If you're looking for information and a number of suggestions for both prevention and cure, this book is worth considering. I am back to running with only an echo of the pain that kept me out of my running shoes for over three horrible months. I walk normally now and am able to run to recover a great deal of my condition. 2 of 2 people found the following review helpful. Excellent book with loads of information. I am a long distance hiker and I have sweaty feet that easily get blisters. I learned so many things from this book that allowed me to manage all my foot problems to the point that I thru-hiked the 2600 mile PCT without a single blister!!! I've learned to manage blisters, taping my feet like pro, get rid plantar fasciitis and athlete's foot over the last few years all thanks to the knowledge I've gained from this book. Obviously if you have a serious foot problem go see a doctor. But if you use your feet hard and want to know all the tools to try to help your feet, then this is the ultimate resource. 1 of 1 people found the following review helpful. Fantastic book covering absolutely everything that can happen to an ...By Will B. Fantastic book covering absolutely everything that can happen to an athlete's foot. Great tips on everything from taping to medical supplies to footwear. Love the writing style and the organization of the book. Written by a guy that has seen it all and drained it all. Was able to build a great (and super cheap!) medical kit I can take with me to races and lots of tips to keep my feet ready for whatever I throw at them.

Foot pain and injuries can thwart even the most experienced athletes. Foot expert John Vonhof discredits the conventional wisdom of "no pain, no gain," teaching instead how the interplay of anatomy, bio-mechanics, and footwear can lead to happy or hurting feet. With a focus on individual and team care, this fifth edition covers everything that an active person needs for immediate and long-term foot care solutions. Vonhof's advice comes not only from his own experience but also from many foot experts and endurance athletes. He offers numerous solutions for each problem, as there is no one best solution different treatments work for different feet. This comprehensive resource covers footwear basics, prevention, and treatments along with clear diagrams, photos, and charts that demonstrate techniques and solutions. If it can happen to a foot, it's covered in this book.

About the Author Vonhof's advice comes from his own experience as well as from numerous foot experts and ultramarathoners who know what works for them. For each problem, numerous solutions are offered. There is no one best solution - different treatments work for different feet. Clear diagrams, photos, and charts demonstrate foot maladies and treatment techniques. 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. An avid runner and fastpacker for more than 27 years, John Vonhof treats athletes' feet during ultramarathons and adventure races. He combines the technical training of his work as a paramedic, orthopedic technician, and emergency-room technician with his passion to help athletes with their foot problems. John has travelled world-wide to train athletes, their crews, and medical personnel about proper foot-care techniques.