



Fixing Your Feet: Prevention & Treatments for Athletes

John Vonhof

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This book provides runners, hikers, adventure racers, triathletes—any athlete, with a complete source of information about proper foot care. Too often athletes spend vast amounts of money, time, and thought on training, equipment and travel, but little or no preparation on their feet. All factors in foot care are explored. You learn how to be proactive in order to prevent problems with your feet through proper prevention techniques, how to be reactive with treatments when problems develop, and what supplies and resources are available to help fix your feet

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