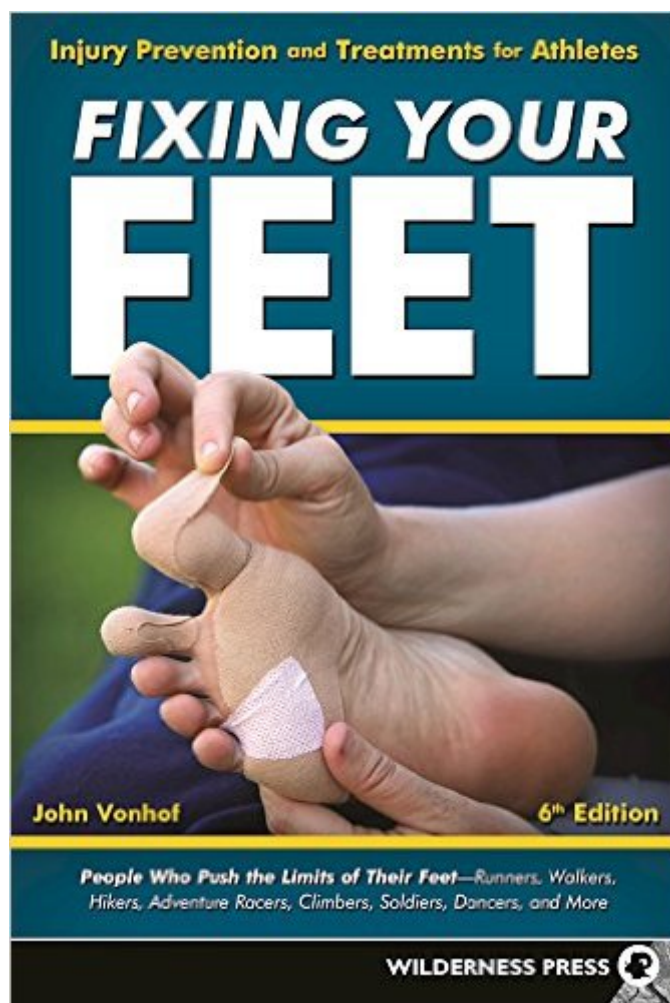


The book was found

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

Paperback: 392 pages

Publisher: Wilderness Press; 6 edition (August 2, 2016)

Language: English

ISBN-10: 0899978304

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Product Dimensions: 5.9 x 0.8 x 8.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #31,599 in Books (See Top 100 in Books) [#3 in Books > Medical Books >](#)

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[#29 in Books > Sports & Outdoors > Miscellaneous > Reference](#)

Customer Reviews

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.

I've had the pleasure of meeting John, learning from him and watching him work with runners at tons of races. His knowledge is unequalled and his spirit of caring for others is incredible. I have had each edition of the book for years because the information he provides has made me successful

working with race medical teams, as an ultrarunner and as a through-hiker/backpacker. Whether or not you compete in races, if you are a runner, hiker, backpacker, cyclist, canyoneer, climber or any person who has feet, or if you are part of a crew for someone who is, you should absolutely get this book.

If you're an athlete of any persuasion or involved in foot care, you owe it to yourself to add this book to your collection. Compared to the previous edition, the 6th edition has an excellent updated section on blister causes and management that is worth the purchase in itself. I really like Johnâ€™s new blister prevention paradigm. Plus there are sections on everything from blister kits to numb toes; socks to foot massage; lacing techniques to crew support. As Molly Meldrum would say, "Do yourself a favour". My copy came all the way through Europe with me.

Beginner info. I was hoping it would give more detail and have more in-depth information for fixing feet.

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