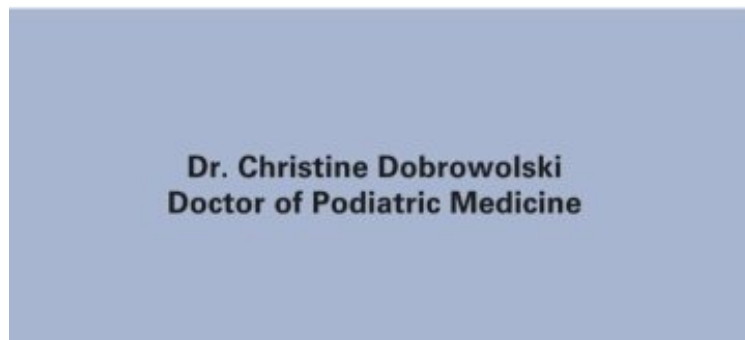
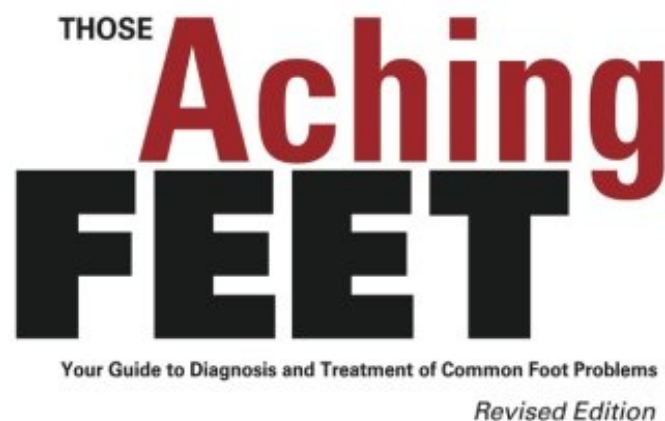


(Read download) Those Aching Feet - Revised Edition: Your Guide to Diagnosis and Treatment of Common Foot Problems

Those Aching Feet - Revised Edition: Your Guide to Diagnosis and Treatment of Common Foot Problems

Christine Dobrowolski
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Christine Dobrowolski : Those Aching Feet - Revised Edition: Your Guide to Diagnosis and Treatment of Common Foot Problems before purchasing it in order to gage whether or not it would be worth my time, and all praised Those Aching Feet - Revised Edition: Your Guide to Diagnosis and Treatment of Common Foot Problems:

0 of 0 people found the following review helpful. It helped with my Aching FeetBy jd buchThe section on plantar ligament problems was very helpful to me, and was the sole purpose of this purchase of a book on feet. (pun intended).Should I dare suggest that it was a step in the right direction?0 of 0 people found the following review helpful. Especially recommended for athletesBy Midwest Book ReviewThose Aching Feet: Your Guide to Diagnosis

and Treatment of Common Foot Problems is a simple guide for lay people concerning how to prevent, identify, and take care of ailments ranging from ingrown nails to warts, callouses, bunions, flat feet, and even diabetes-related difficulties. An especial section is devoted to foot problems common to athletes, such as shin splints, ankle sprains, and achilles tendonitis. Those Aching Feet does not go into great depth upon the maladies it covers; it's simply a no-nonsense guideline to the basic facts any active person needs to know, and a superb primer to brush up on good podiatric habits before visiting a health care professional. Especially recommended for athletes and those who spend most of their day on their feet. 3 of 3 people found the following review helpful. Specific solutions and a great reference book

By GWI am fairly athletic and through the years I have had many feet and leg problems, mostly associated with sports and running. My latest issue has been plantar fasciitis, aka heel pain. I checked out a few other books as well as talking to my regular doctor, but I was still having the pain. From the TOC in the "Search inside this book" feature on .com, I noticed that there was an entire chapter dedicated to Plantar Fasciitis, as well as an extra section in the athletes chapter. (heel pain and plantar fasciitis was reference many times in the glossary too) So I went ahead and ordered the book. I really didn't expect much, since I already had other advice. I read the thorough descriptions of the heel pain issues and solution, and began taking care of my feet as suggested. They are already feeling much better while walking around and doing light jogging. So far, so good. It seems that I am on the road to recovery. In addition to the heel pain section, I browsed through the rest of the book. There is a lot of information about many common feet issues in this book. I am glad I purchased it, as it will be a very useful reference for any of my future foot problems. I can, without reservation, recommend this book to anyone with feet. -Greg

"Those Aching Feet" covers a wide range of foot conditions including heel pain, bunions, hammertoes, ingrown nails, callouses, corns, warts, and diabetic foot problems. This book will help you understand the basic mechanics of the foot, introduce you to general foot problems, and give you a step-by-step guide on how to initiate treatment of those problems. A separate chapter for athletes outlines a variety of sports injuries specific to the foot and ankle. This book has multiple illustrations along with clear explanations to help you understand your foot condition and guide you to relieve "Those Aching Feet".

The book offers a how-to guide to prevent and treat common foot problems for people of all ages. -- Times-Standard
A great source of information for diagnosing and treating foot problems....A must have for those with foot pain. -- Lawrence Ford, DPM (Podiatrist)
This book is full of valuable information. I would recommend it to ... anyone wanting to take a proactive role in the health care of their feet. -- Kristian Hill, MSPT (Physical Therapist).
This practical book provides patients with a blueprint for finding solutions to common foot problems. -- Beth Abels, MD (Internist)
--Beth Abels, MD (Internist)Are you tired at the end of your day? Do you have to cram your feet in to fashionable shoes for work? Do you have to stand for long hours, or chase your child all day? According to Christine Dobrowolski, DPM, if you can keep your feet from hurting, you'll find that you have more energy and possibly less knee and back pain. How the foot hits the ground effects: the ankles, knees, hips and back (page 126 Those Aching Feet) I know that I could certainly use more energy and less pain, how about you? Those Aching Feet is a frank, easy to read look at common foot problems; their diagnosis, and treatment. Most of the chapters are aimed at: the average person, the elderly, and diabetics; however, Dobrowolski has also included a special section just for athletes of all types-- even weekend warriors. The writing is clear and concise; complete with no non-sense language instead of packed with medical terms that most people can't pronounce. Diagrams with large writing are included to illustrate more clearly what ailments look like, which will aid in the process of self diagnosis in many cases. Dobrowolski also outlines situations that will require you to go directly to your doctor, and she offers readers questions to ask so that once you arrive at your physicians, you will be able to act as an informed patient. Like most people, feet are not something I want to think about for extended periods of time. In spite of my prejudices, I found Those Aching Feet to be a particularly engaging and pertinent read. I strongly recommend Those Aching Feet, to the audience at large, even if you only keep it as a reference book. Eventually, the information contained within this book's pages will come in handy! --Kate St.Amour of Book .com

Those Aching Feet: Your Guide to Diagnosis and Treatment of Common Foot Problems is a simple guide for lay people concerning how to prevent, identify, and take care of ailments ranging from ingrown nails to warts, callouses, bunions, flat feet, and even diabetes-related difficulties. An especial section is devoted to foot problems common to athletes, such as shin splints, ankle sprains, and achilles tendonitis. Those Aching Feet does not go into great depth upon the maladies it covers; it's simply a no-nonsense guideline to the basic facts any active person needs to know, and a superb primer to brush up on good podiatric habits before visiting a health care professional. Especially recommended for athletes and those who spend most of their day on their feet. --Midwest Book

About the AuthorChristine Dobrowolski received her undergraduate degree in biochemistry from the University of California at Davis. She earned her Doctorate in Podiatric Medicine (DPM) from The California College of Podiatric Medicine (CCPM). During her residency she trained in foot and ankle surgery. Dr. Dobrowolski has published articles in The Journal of the American Podiatric Medical Association and The Lower Extremity. She also co-authored a chapter in The Comprehensive Textbook of Foot Surgery. Most recently Christine complete her

Masters's Degree in Nutrition. Dr. Dobrowolski practices in California, USA.