

[PDF] Fixing Your Feet: Prevention And Treatments For Athletes

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Description:

Review From heels to toes, products to pathology, resources to rehabilitation, this book has it all. An essential guide... -- *Runner's World*, July, 2000 --This text refers to an out of print or unavailable edition of this title.

About the Author 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 traveled world-wide to train athletes, their crews, and medical personnel about proper foot-care techniques. --This text refers to an out of print or unavailable edition of this title.

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