



Fixing Your Feet: Injury Prevention and Treatments for Athletes

John Vonhof

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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 resources covers the full gamut of footwear basics, prevention, and treatments. If it can happen to a foot, it's covered in this book.

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