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Fixing Your Feet: Prevention and Treatments for Athletes

John Vonhof

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Fixing Your Feet: Prevention and Treatments for Athletes John Vonhof
The highly successful Fixing Your Feet has been revised and updated to make it an even more complete source of information about proper foot care for the runner, hiker, adventure racer, or any athlete. Learn to be proactive in preventing foot problems through proper techniques, reactive with treatments when problems develop, and what supplies and resources are available. It includes the basics of selecting the right footwear, products and gear to prevent injury, ways to avoid and treat blisters, symptoms and treatments for problems from athlete's foot to serious sprains, and resources for equipment and supplies.

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