



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

Christine Dobrowolski

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"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".

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