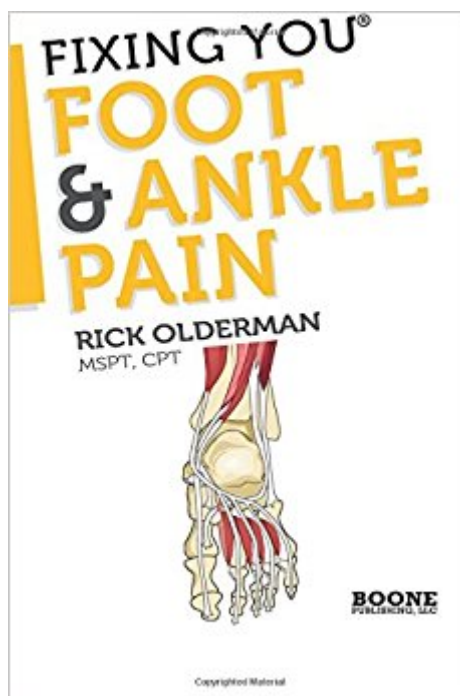




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Fixing You: Foot & Ankle Pain: Self-treatment For Foot And Ankle Pain, Heel Spurs, Plantar Fasciitis, Assessing Shoe Inserts And Other Diagnoses (Volume 1)



Synopsis

Fixing You: Foot & Ankle Pain helps with issues creating chronic foot and ankle pain. Factors involved in these problems are foot strike patterns, the shape of the thigh bones, foot muscle function, calf tightness, and the shape of the foot. Fixing You: Foot & Ankle Pain offers strategies to correct these problems including taping and techniques to release chronically tight musculature. Additionally this book offers tips to select foot orthoses and offers some thoughts on minimalist running.

Book Information

Series: Fixing You

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Average Customer Review: 5.0 out of 5 stars 13 customer reviews

Best Sellers Rank: #585,150 in Books (See Top 100 in Books) #36 in [Books > Medical Books > Allied Health Professions > Podiatry](#) #210 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments](#) #227 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

Customer Reviews

Rick Olderman is a physical therapist, personal trainer, and Pilates instructor. He specializes in helping people with chronic pain or nagging injuries by understanding biomechanics of painful movement. The premise of the Fixing You series is that most chronic pain or nagging injuries can be helped by correcting function. Rick's books help people understand and therefore fix their functional problems causing pain. Rick lives and works in Denver, Colorado. Feel free to contact his clinic at (303) 477-5303 to make an appointment or visit www.denver-pt.com to find out more about his clinic. You can also visit www.RickOlderman.com to read more about Rick's approaches to helping people solve their pain.

Excellent product, excellent seller

The videos that go with the book are excellent. Very helpful. Book is easy to read

I've had problems with pronation in my right foot for years and this book is finally helping me figure out how to take care of it. The author talks about all kinds of foot issues: possible causes, the relationship of the foot to the calf, knee and hip, how to 'walk better', how to tape your foot or ankle (amazing for pain relief!), how to loosen up your feet, pronation, supination, bunions, hammer toes and so on. Over the years I've been to several physical therapists and podiatrists. I've tried custom and customized orthotics that, at best, kept the foot from getting worse, but never improved my foot to be comfortable enough to walk barefoot. In other words, the foot never changed. This book will show you how to actually change things in your foot so it will function normal again. Another great big thanks to the author! (I also have the hip book which helped me get rid of a very stubborn and annoying problem with my SI joint.)

My son is using the five book series to very effectively eliminate chronic pain

good read

Arrived quickly and in excellent condition! Great book and photos!

I ordered this book out of curiosity, but also too because I, myself have ankle pain. I already had the book about back pain from Olderman, but since I liked it and thought that book was very informative I decided to order this book too. I have started reading the Foot & Ankle Pain book and have started with some exercises. The pain in my ankle does not fully cease, but the exercises make it feel better.

This book, as with all of Rick Olderman's books did not help with everything, but it helped a lot. He is intelligent and reasonable and has a great deal of good information.

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