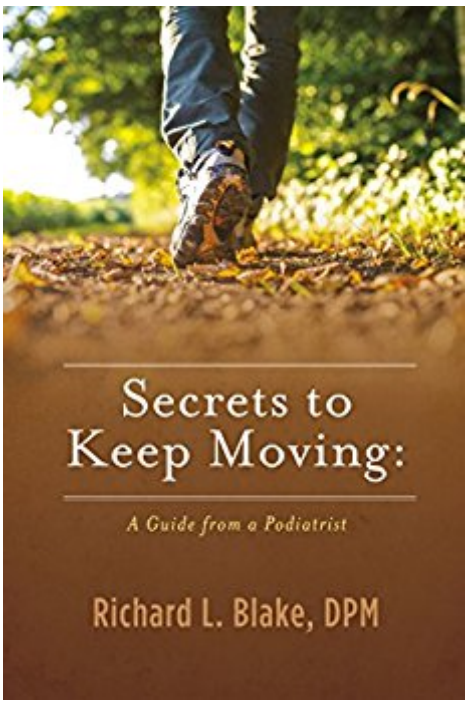
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Secrets To Keep Moving: A Guide From A Podiatrist



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Synopsis

Richard L Blake, D.P.M. is a practicing podiatrist in San Francisco, California, at the famed Center For Sports Medicine, St. Francis Memorial Hospital. This book is a good mixture of the art and science of that medical practice. The emphasis of the book is on the conservative treatments of injuries of the foot, ankle, and lower leg. Dr Blake emphasizes conservative, and when appropriate, simple approaches to these injuries. He tries hard to establish a healing environment for the patient at the first visit, and then works the patients through all the phases of rehabilitation. This book begins by covering some general topics like what rules not to break, then discusses general rehabilitation principles, general treatments of pain, bio-mechanical approaches to injury, and gait evaluation. He then describes some of the general rules of treatment concerning tendinitis, nerve injuries, and fractures. In the second part of the book, Dr Richard Blake uses many of these general principles and begins to describe top treatments for injuries in the front of the foot, mid part of the foot, heel area, ankle, achilles tendon area, and lower leg not involving the knee or above. Some of the more common injuries described are:Hallux Limitus/RigidusBunionsSesamoid InjuriesMetatarsalgiaMorton's NeuromaMetatarsal FracturesHammertoesCallusesBlistersCapsulitis or Plantar Plate TearsGoutToenail FungusLisfranc's SprainAccessory NavicularGanglion CystsPlantar FasciitisPlantar Fascial TearsCalcaneal Stress FracturesAnkle Sprains and InstabilitiesPosterior or Anterior Tibial TendinitisPosterior Tibial Tendon DysfunctionAchilles TendinitisAchilles RupturesCalf StrainShin SplintsTennis LegCompartment SyndromesTibial or Fibular Stress FracturesCramps or Deep Vein ThrombosisWith 95% of all of the lower extremity pain syndromes and injuries not requiring any form of surgery, a book specializing in a conservative and thoughtful approach to most ailments is very needed. Dr Rich Blake tries to get the patient very involved with their own healing is obvious throughout the book. The emphasis of a conservative approach must require the patient's involvement. This book will help the patient know the subtleties of various treatments like stretching, strengthening, starting to run, looking for a stable shoe, power lacing for stability, which injection to get for a neuroma, why not to use NSAIDs if bone injury is suspected, when support hose are not doing the right job, etc. Through the 35 years that Dr Richard Blake has practiced sports medicine, teaching his patients why certain treatments are used, and what they need to do, is always stressed. His teaching started with patients, but has involved both the national and international worlds of podiatry. He has given over 200 lectures around the world, written 40 plus articles, has a blog and YouTube channel, but his patient's needs and injuries have always come first. He considers his simple approach to most injuries probably boring to some podiatrists, but the patients have truly benefited. The approach that is emphasized in the book is to

immediately create a healing environment, gradually get stronger, and gradually return to your previous activities. The book also emphasizes finding the cause or causes of the injury or it may eventually come back. The subtleties of the individual injury can be in the patient's presentation, how they respond to various treatments, and making changes appropriately when the treatment at times stalls.

Book Information

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Customer Reviews

Excellent book, and the Podiatrist who wrote this is also my doctor. It's a great book in understanding how the foot works, and what you can do to keep your feet healthy and working well. Dr. Richard Blake has had his practice for over 30 years, and is a world of knowledge. I highly recommend this book, whether you walk, run, ballet, or ice skate, this book is for you. Price is high, but well worth every penny.

This is a very helpful book for almost all type of foot problems, especially if you are looking for a

non-surgical approach. I came over the blog of the author and subsequently read the book, which I found very helpful with lots of advice on how to deal with my foot injury. In my case, both the blog and the book has helped me far better than any of the doctors I've seen. I highly recommend this book to anyone.

This is great book from great doctor for those who deal with foot problems.

I've been Dr. Blake's patient for a very long time. His book is written in a user-friendly way for both professional and non-professional folks. Anyone with foot issues will find what they're looking for in one of the chapters. He's a smart, kind, and all around excellent doctor. His books is as well. It would be a great gift for any person that wants to keep their feet in great shape to keep moving...

Dr. Blake is an absolute expert in non-surgical treatment of foot problems and he shares his wealth of knowledge in this book. The book and treatment proposals are easily accessible and understandable also to non-specialists. A lot of the information can be found on his blog but the book is of course much more structured. I have been in contact over many months with Dr. Blake and no other specialist I consulted could offer the same in-depth advice I received from him. Highly recommended.

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