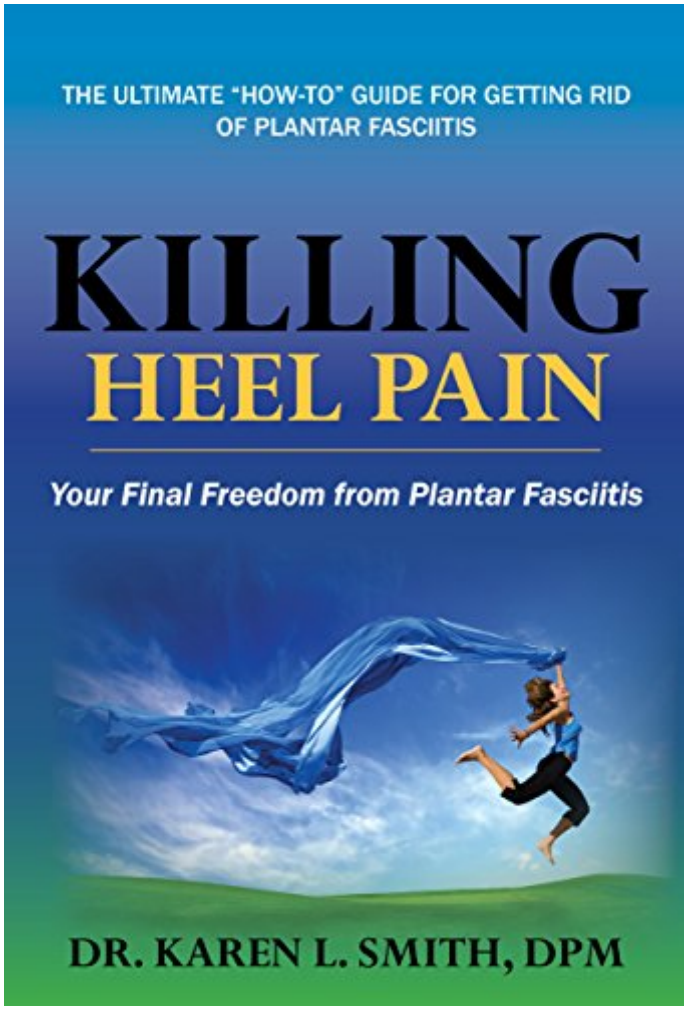
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Killing Heel Pain: Your Final Freedom From Plantar Fasciitis



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Synopsis

Award-winning book written by a foot expert. The ultimate "how-to" guide for getting rid of plantar fasciitis as quickly and effectively as possible. The user-friendly layout features a "cut-to-the-chase" question-answer format, helpful anatomy illustrations and easy to follow "key points" and "action steps" for final freedom from this life-intrusive condition. What is the BEST way to get rid of plantar fasciitis? It depends! (There is no single solution for everyone.) Discover why you are a victim and the best combination of treatments for your unique body and within your personal lifestyle. Killing Heel Pain provides straightforward answers to all of a heel pain sufferer’s burning questions, such as:What is going on inside my foot and why?Do I have a heel spur?What can I do on my own to start healing?Do I really need orthotics?Is is ok to exercise while I am healing?How can I keep this from coming back again?Should I see a doctor?Do I need surgery?The user-friendly layout and easy-to-follow information make Killing Heel Pain a winning go-to guide for ANYONE who suffers with plantar fasciitis, whether the reader is already being treated by a physician or hoping to avoid an appointment.

Book Information

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Diseases

Customer Reviews

Well written and answered so many questions I had. The author has vast experience dealing with foot problems and the information she gave was easy to understand and implement into a daily program.

Helpful information!

Everyone, will at some time in their life, suffer from foot or heel pain. Doctor Smith, a practicing podiatrist, diagnoses and treats foot diseases and deformities. This plain language book begins with a look at how to identify whether heel pain is from Plantar Fasciitis, and injury, or over use. The next section involved self-treatment through exercise, shoes, orthotics, and lifestyle choices. The final section covers medical diagnose and treatment from a cortisone injection to surgery. Each chapter contains an explanation, options, key points, and an action step. The action steps for self-treatment are especially easy to understand and implement and can fit any budget. Illustrations highlight tips or topics under discussion. Endnotes are included.

Having suffered from plantar fasciitis for several years I decided to read this book. Wow. I was really amazed at how helpful and to the point this book was. I especially found the illustrations on point. I would definitely recommend this to anyone looking for relief from this condition.

This book provides very useful information in a clearly-written, well illustrated format! Last fall, my son developed plantar fasciitis while running cross-country. This book provided us with great tools to improve his foot health and to manage pain should he have a flare-up. Thanks, Dr. Smith, for giving us this much-needed information so he can begin running again! I highly recommend this book to anyone who is suffering from plantar fasciitis.

Very helpful. Lots of great information and tips! Well written!

Very informative and well organized. It was an easy read and the pictures included for the stretches were very helpful. I’m recommending it to all my friends and patients with foot pain.

Excellent book and I would highly recommend to all my patients!Easy reading, to the point, and very well illustrated!

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