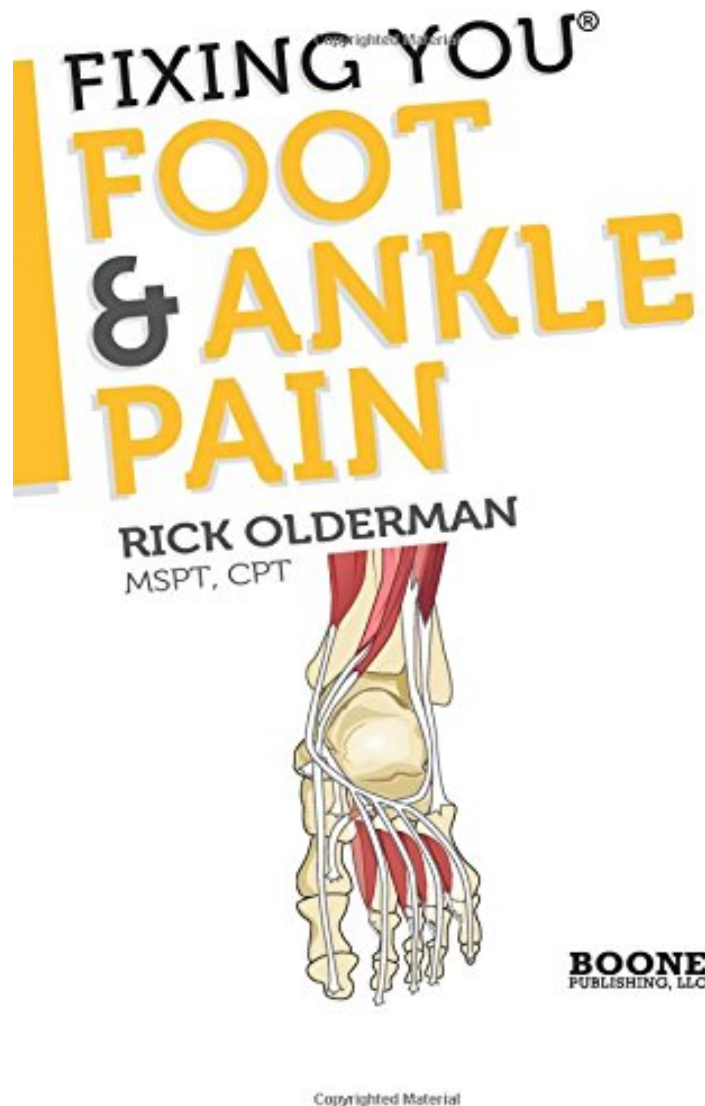


(Download pdf) Fixing You: Foot Ankle Pain: Self-treatment for foot and ankle pain, heel spurs, plantar fasciitis, assessing shoe inserts and other diagnoses (Volume 1)

Fixing You: Foot Ankle Pain: Self-treatment for foot and ankle pain, heel spurs, plantar fasciitis, assessing shoe inserts and other diagnoses (Volume 1)

Rick Olderman MSPT
*DOC | *audiobook | ebooks | Download PDF | ePub*



#158083 in Books Boone Publishing, LLC 2012-09-06Original language:EnglishPDF # 1 9.00 x .29 x 6.00l, .39 #File Name: 0982193750126 pages | File size: 17.Mb

Rick Olderman MSPT : Fixing You: Foot Ankle Pain: Self-treatment for foot and ankle pain, heel spurs, plantar fasciitis, assessing shoe inserts and other diagnoses (Volume 1) before purchasing it in order to gage whether or not it would be worth my time, and all praised Fixing You: Foot Ankle Pain: Self-treatment for foot and

ankle pain, heel spurs, plantar fasciitis, assessing shoe inserts and other diagnoses (Volume 1):

0 of 0 people found the following review helpful. Five StarsBy johnny1329Excellent product, excellent seller1 of 2 people found the following review helpful. Five StarsBy Exercise galThe videos that go with the book are excellent. Very helpful. Book is easy to read0 of 1 people found the following review helpful. effectiveBy R. GlennMy son is using the five book series to very effectively eliminate chronic pain

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.

About the AuthorRick 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.