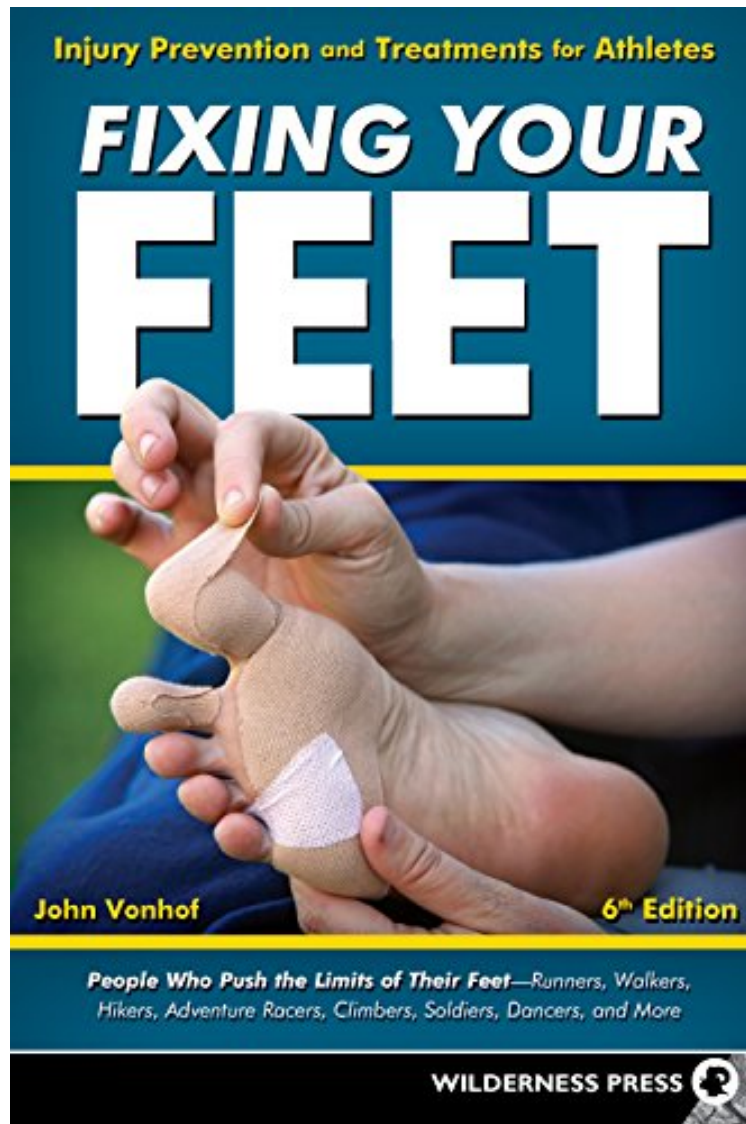


(Download ebook) Fixing Your Feet: Injury Prevention and Treatments for Athletes

Fixing Your Feet: Injury Prevention and Treatments for Athletes

John Vonhof

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John Vonhof : Fixing Your Feet: Injury Prevention and Treatments for Athletes before purchasing it in order to gauge whether or not it would be worth my time, and all praised Fixing Your Feet: Injury Prevention and Treatments for Athletes:

7 of 7 people found the following review helpful. Fixing Your Feet 6th Edition By Douglas A great book just got better. The information added on blisters and the concept of "shear" in the 6th Edition is really important information. I am considering buying a copy for my son's and daughter's family. You don't realize how important your feet are until you encounter a problem. So it makes sense to take preventive measures. Everyone who walks, runs, climbs, or hikes,

should have a copy of this book. 4 of 4 people found the following review helpful. Invaluable, so glad I found it
By Desert Willow
Excellent very detailed how-to resource that every iron-distance triathlete, full marathoner, ultramarathoner, hiker, distance walker, etc. should have. Latest evidence-based blister prevention strategies, but way more than that. All the foot problems you'd be likely to encounter in any lengthy event where you use your feet nonstop and/or in difficult conditions (constantly wet for example). What to do to prevent problems and very, very detailed guidance on exactly how to fix them in the field.
0 of 0 people found the following review helpful. Godsend for Athletes
By Amy
This book is chock full of information for the serious athlete, especially one who wants to prevent (or treat) serious foot problems. Vonhof's writing style is easy to understand, and it's obvious he has the knowledge and experience to back up his opinions. The book could benefit from a better editor, there's a lot of skipping around, disorganization and repetition in each chapter, but that doesn't make me discount the knowledge at all. In fact, Vonhof doesn't just give you his own best practices, but introduces you to things others in the field think are better, too. I'm still in the process of figuring out exactly what is causing my sudden blisters after 10 years of endurance running, but I know the prevention will be somewhere in this book!

Foot pain and injuries can thwart even the most experienced athletes. Foot expert and ultra runner John Vonhof discredits the conventional wisdom of 'no pain, no gain,' teaching instead how the interplay of anatomy, biomechanics, and footwear can lead to happy or hurting feet. With a focus on individual and team care, the 6th edition of Fixing Your Feet covers all that any active person needs to know to find out what works now and also hundreds of miles down the road. This sixth edition has an important new chapter, Blister Prevention - A New Paradigm. It contains new information about blister formation and introduces the concept of shear, which in turn, changes the way we look at blister prevention and treatment. This comprehensive resources covers the full gamut of footwear basics, prevention, and treatments. If it can happen to a foot, it's covered in this book.

As a veteran of more than 80 marathons as well as ultramarathons up to 100 miles, and being a podiatrist for 18 years, I thought I knew it all. John's comprehensive approach of asking the so-called medical experts as well as the real experts out in the trenches for their tried-and-true advice will bring you more value for your endurance event than a podiatry degree ever will.
--Bill Johncock, DPM
Fellow, American Academy of Sports Medicine
Board Certified, American Board of Pediatric Surgery
Just about everything I have learned and passed on about working on endurance athletes' and soldiers' feet I have learned from watching John completely and patiently repair blistered feet that I would have considered candidates for amputation.
--Anthony C. "Woofie" Humpage, CSCS, FMS
USA Triathlon Certified Coach
Badwater Ultramarathon medical team
Developer of SELECTED! a program for U.S. Army Special Forces
This is it--the best book ever written on foot care. Everyone who has been bothered by foot problems or wants to prevent them should own this book.
--Bill Trolan, MD, author of the Blister Fighter Guide and medical consultant to adventure racing teams