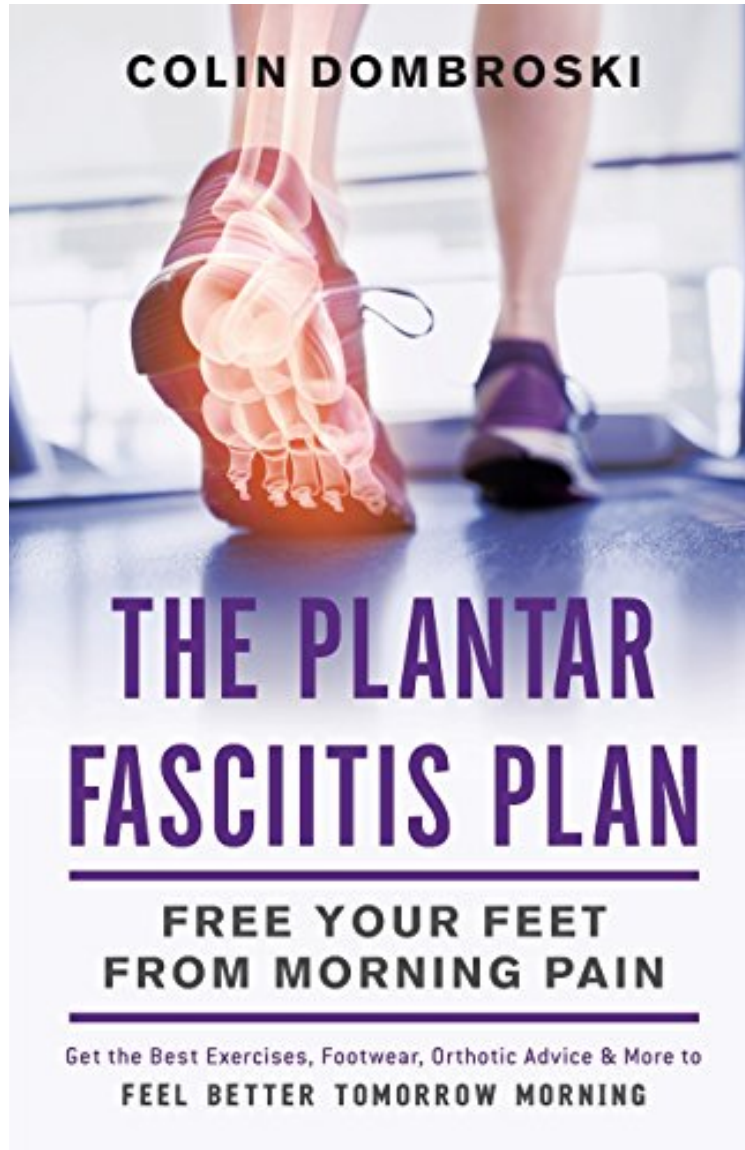


[Get free] The Plantar Fasciitis Plan: Free Your Feet From Morning Pain

The Plantar Fasciitis Plan: Free Your Feet From Morning Pain

Colin Dombroski

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Colin Dombroski : The Plantar Fasciitis Plan: Free Your Feet From Morning Pain before purchasing it in order to gage whether or not it would be worth my time, and all praised The Plantar Fasciitis Plan: Free Your Feet From Morning Pain:

0 of 0 people found the following review helpful. Awesome readBy CustomerThis book is amazing with such great advice. It's easy to follow and understand, with great tips and advice for anyone suffering from heel pain.0 of 0 people found the following review helpful. ... book has been incredibly helpful and is a really good resource. Definitely

recommend it! 2 of 3 people found the following review helpful. Photographer with happy feet! By Customer I'm a photographer who spends her time on all kinds of hard and different surfaces. My heels have been sore on and off for years. After taking Colin's suggestions and wearing different shoes, and strengthening my feet, I'm now PAIN FREE! Thank-you, Thank-you.

The burning. The sore heel. The pain of those first morning steps. When you suffer from plantar fasciitis, even the simplest tasks can seem unbearable--and the treatment can often feel as frustrating as the ailment itself. However, treating plantar fasciitis doesn't have to be a slow and painful process. In most cases, in fact, treatment can be simple, inexpensive, and highly effective. Dr. Colin Dombroski has helped thousands of patients alleviate plantar fasciitis, and now he draws on his personal experiences and painstaking research to provide a comprehensive guide to managing, treating, and preventing PF without breaking the bank. In *The Plantar Fasciitis Plan*, Dr. Dombroski identifies and explains causes, symptoms, and risk factors for plantar fasciitis; teaches PF sufferers and doctors home-healing techniques; and delves into treatments for cases of PF that are harder to cure. Along the way, he'll provide tips for staying active, advice on spending the least to get the best results, and pointers on making the most of any treatment. Plantar fasciitis can be a painful, distressing, and debilitating problem--but thanks to Dr. Dombroski, it doesn't have to be a permanent one.

"Plantar fasciitis can be a 'real pain' for both patients and medical professionals. This book does a great job of helping both patients and medical professionals not only understand plantar fasciitis but also manage both acute and chronic cases. Dr. Colin Dombroski has done a great job with debunking myths and structuring the book into an easy-to-use tool. I would definitely recommend it."-- Dr. Tatiana Jevremovic, MD, CCFP(EM), Dip Sport Med, Sport and Exercise Medicine Physician "I have referred innumerable difficult-to-treat patients to Colin with lasting success. This book reinforces why I continue to do so. His stepwise and measured approach is easy to understand and based on solid principles. A great resource."-- Dr. Frank Shin, MD, CCFP, Dip Sport Med, Sport and Exercise Medicine Physician "I am pain free because of Colin's wisdom. Buy this book and get your life back."-- Louise Karch, MEd, AMC, CMP, Author, International Educator, Accredited Master Coach, Award-Winning Consultant "Dr. Colin Dombroski is passionate and a professional in his field of helping people recover from plantar fasciitis. His book is easy to read and apply to your life to regain your health and enjoy the activities you love to do."-- Brenda De Pauw "Colin focuses on the problem and the specific 'pain' points that many of us go through. This drew me in to hear more about what I can do to solve it. The book was very easy to read and follow, and then exercises are easy to understand and to do. I'd recommend *Plantar Fasciitis Plan* to anyone suffering heel pain."-- Nick DiNardo "As an avid golfer and runner of half marathons, when a return bout of plantar fasciitis occurred, I was sidelined from enjoying both these sports. I was referred to Colin and was informed straight up that it would take some time to heal my painful situation, but with proper exercise and custom orthotics, Colin was confident he would get me back to golf and running. He was right! It took about eight months, but I am now back to walking eighteen holes of golf (four to five times per week) and currently in the early stages of getting back into running. I am now pain free from plantar fasciitis and I cannot thank Colin enough for his advise and expertise."-- Robert Neill "Plantar fasciitis has really limited my ability to function effectively in sport and slowed down my everyday walking activities due to heel pain. This particular book does an incredible job of being equally accessible to all audiences in terms of breaking down the fundamental understanding of plantar fasciitis. Whether it's acute or chronic, minor or severe pain, the chapters really break down the process of getting you back to having 'happy feet.' In all honesty, if you have been diagnosed with even acute plantar fasciitis, you should get this book. Take the preventative approach and educate yourself before you regret it, because it can be a very long and depressive road to recovery. Colin's book will ensure that you have the wisdom needed to do so."-- Rick Melo, General Manager, LA Fitness International "The pain I experienced from plantar fasciitis restricted me from the thing I enjoy most in life: playing with my dog. I was unable to walk or run without intense pain. Colin's book was insightful and helped me understand the why and how so I could help myself. I cannot thank Colin and his team enough for giving me back my mobility."-- Christine Rowe

From the Back Cover
The burning. The sore heel. The pain of those first morning steps. When you suffer from plantar fasciitis, even the simplest tasks can seem unbearable--and the treatment can often feel as frustrating as the ailment itself. However, treating plantar fasciitis doesn't have to be a slow and painful process. In most cases, in fact, treatment can be simple, inexpensive, and highly effective. Dr. Colin Dombroski has helped thousands of patients alleviate plantar fasciitis, and now he draws on his personal experiences and painstaking research to provide a comprehensive guide to managing, treating, and preventing PF without breaking the bank. In *The Plantar Fasciitis Plan*, Dr. Dombroski identifies and explains causes, symptoms, and risk factors for plantar fasciitis; teaches PF sufferers and doctors home-healing techniques; and delves into treatments for cases of PF that are harder to cure. Along the way, he'll provide tips for staying active, advice on spending the least to get the best results, and pointers on making the most of any treatment. Plantar fasciitis can be a painful, distressing, and debilitating problem--but thanks to

Dr. Dombroski, it doesn't have to be a permanent one. About the Author Dr. Colin Dombroski, PhD, has managed over six thousand cases of plantar fasciitis since 2002. As Canada's only Canadian-certified podiatrist with a PhD in Health and Rehabilitation Science, Dr. Dombroski runs SoleScience (www.solescience.ca), where he and his team provide custom foot orthoses and podiatric services. In 2014, Business London named him one of the Top 20 Under 40. An international lecturer and researcher, Dr. Dombroski serves as an adjunct research professor at Western University and acts as a clinical and lab placement instructor in the diploma of podiatric program. He lives in London, Ontario, with his young family and two Labradors.