



Those Aching Feet: Your Guide to Diagnosis and Treatment of Common Foot Problems

Christine Dobrowolski

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Help in understanding the basic mechanics of the foot. An introduction into general foot problems and a step-by-step guide on how to initiate treatment of those problems. Covering a wide range of foot conditions including heel pain, bunions, hammertoes, ingrown nails, callouses, corns, warts and diabetic foot problems. Including a separate chapter for athletes, outlining a variety of sports injuries specific to the foot and ankle.

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