



Fixing Your Feet: Prevention and Treatments for Athletes

John Vonhof

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Foot pain and injuries can thwart even the most experienced athletes, whether on the trail, asphalt, or ball court. Every professional or amateur athlete who pushes the limits of their feet needs to learn the basics and finer points of footcare. Foot expert and ultrarunner 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 5th 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.

Vonhof's advice comes from his own experience as well as from numerous foot experts and ultramarathoners who know what works for them. For each problem, numerous solutions are offered. There is no one best solution -- different treatments work for different feet. Clear diagrams, photos, and charts demonstrate foot maladies and treatment techniques.

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.

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