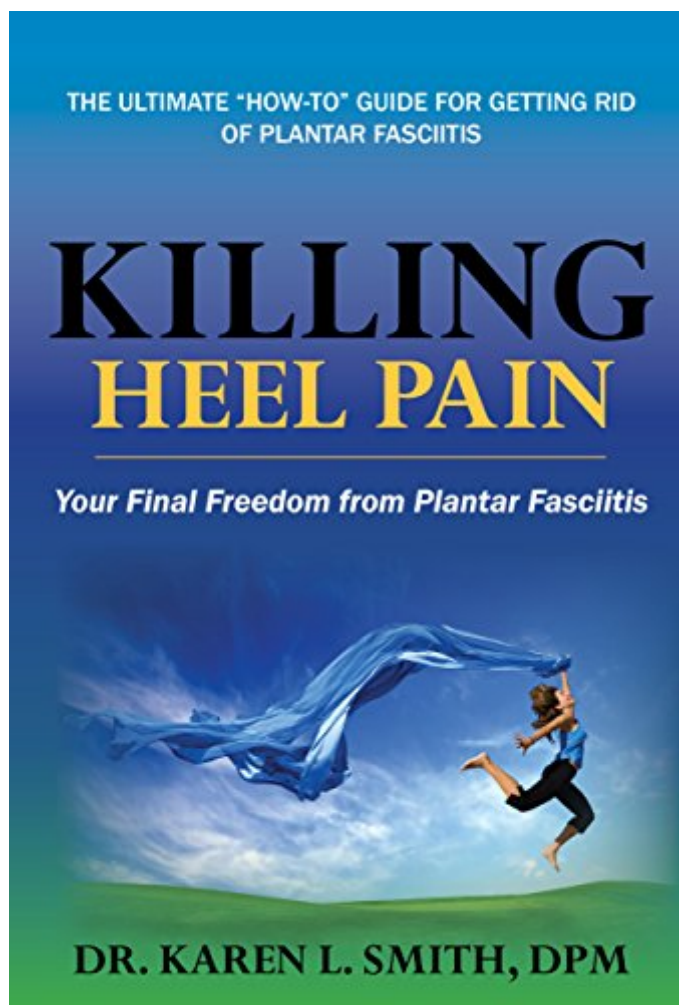


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# Killing Heel Pain: Your Final Freedom From Plantar Fasciitis



## Synopsis

Award-winning book written by a foot expert. The ultimate "how-to" guide for getting rid of plantar fasciitis as quickly and effectively as possible. The user-friendly layout features a "cut-to-the-chase" question-answer format, helpful anatomy illustrations and easy to follow "key points" and "action steps" for final freedom from this life-intrusive condition. What is the BEST way to get rid of plantar fasciitis? It depends! (There is no single solution for everyone.) Discover why you are a victim and the best combination of treatments for your unique body and within your personal lifestyle. Killing Heel Pain provides straightforward answers to all of a heel pain sufferer's burning questions, such as: What is going on inside my foot and why? Do I have a heel spur? What can I do on my own to start healing? Do I really need orthotics? Is it ok to exercise while I am healing? How can I keep this from coming back again? Should I see a doctor? Do I need surgery? The user-friendly layout and easy-to-follow information make Killing Heel Pain a winning go-to guide for ANYONE who suffers with plantar fasciitis, whether the reader is already being treated by a physician or hoping to avoid an appointment.

## Book Information

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Diseases

## **Customer Reviews**

Well written and answered so many questions I had. The author has vast experience dealing with foot problems and the information she gave was easy to understand and implement into a daily program.

Helpful information!

Everyone, will at some time in their life, suffer from foot or heel pain. Doctor Smith, a practicing podiatrist, diagnoses and treats foot diseases and deformities. This plain language book begins with a look at how to identify whether heel pain is from Plantar Fasciitis, and injury, or over use. The next section involved self-treatment through exercise, shoes, orthotics, and lifestyle choices. The final section covers medical diagnose and treatment from a cortisone injection to surgery. Each chapter contains an explanation, options, key points, and an action step. The action steps for self-treatment are especially easy to understand and implement and can fit any budget. Illustrations highlight tips or topics under discussion. Endnotes are included.

Having suffered from plantar fasciitis for several years I decided to read this book. Wow. I was really amazed at how helpful and to the point this book was. I especially found the illustrations on point. I would definitely recommend this to anyone looking for relief from this condition.

This book provides very useful information in a clearly-written, well illustrated format! Last fall, my son developed plantar fasciitis while running cross-country. This book provided us with great tools to improve his foot health and to manage pain should he have a flare-up. Thanks, Dr. Smith, for giving us this much-needed information so he can begin running again! I highly recommend this book to anyone who is suffering from plantar fasciitis.

Very helpful. Lots of great information and tips! Well written!

Very informative and well organized. It was an easy read and the pictures included for the stretches were very helpful. I'm recommending it to all my friends and patients with foot pain.

Excellent book and I would highly recommend to all my patients! Easy reading, to the point, and very well illustrated!

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Killing Heel Pain: Your Final Freedom from Plantar Fasciitis Plantar Fasciitis Survival Guide: The Ultimate Program to Beat Plantar Fasciitis! Fixing You: Foot & Ankle Pain: Self-treatment for foot and ankle pain, heel spurs, plantar fasciitis, assessing shoe inserts and other diagnoses (Volume 1) The Plantar Fasciitis Plan: Free Your Feet from Morning Pain 3 Steps to Heal Plantar Fasciitis for Good: The self-treatment guide to cure that nagging foot pain The Ultimate Guide to Strong Healthy Feet: Permanently fix flat feet, bunions, neuromas, chronic joint pain, hammertoes, sesamoiditis, toe crowding, hallux limitus and plantar fasciitis Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Protect Your Achilles Heel: Crafting Armor for the New Age at Work Journey to a New Beginning after Loss: Freedom from the Pain of Grief and Disappointment (Journey to Freedom) Freedom from Pain: Guided Practices to Overcome Physical Pain MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,)

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