



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. Foot expert 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, this fifth edition covers everything that an active person needs for immediate and long-term foot care solutions. Vonhof's advice comes not only from his own experience but also from many foot experts and endurance athletes. He offers numerous solutions for each problem, as there is no one best solution — different treatments work for different feet. This comprehensive resource covers footwear basics, prevention, and treatments along with clear diagrams, photos, and charts that demonstrate techniques and solutions. If it can happen to a foot, it's covered in this book.

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