



Killing Heel Pain: Your Final Freedom from Plantar Fasciitis (Paperback)

By Karen L Smith

Blue Viper Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Written by a foot expert, Killing Heel Pain is the how-to guide for getting rid of plantar fasciitis as quickly and effectively as possible! The user-friendly layout features: helpful anatomical illustrations, a cut-to-the chase question-answer format and easy-to-follow key points and action steps for final freedom from this life-intrusive condition. Straightforward answers to all of a plantar fasciitis sufferer s burning questions: What is going on inside my foot and why? What can I do on my own to start healing? Do I have a heel spur? Should I see a foot doctor? Is it ok to keep exercising? If I lose weight, will this go away? What kind of shoes should I wear? Do I really need orthotics? What new technology is available for treatment? Should I have surgery? How do I keep this from coming back again? The go-to guide for ANYONE with plantar fasciitis (whether you are already being treated by a doctor or are hoping to avoid an appointment).



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