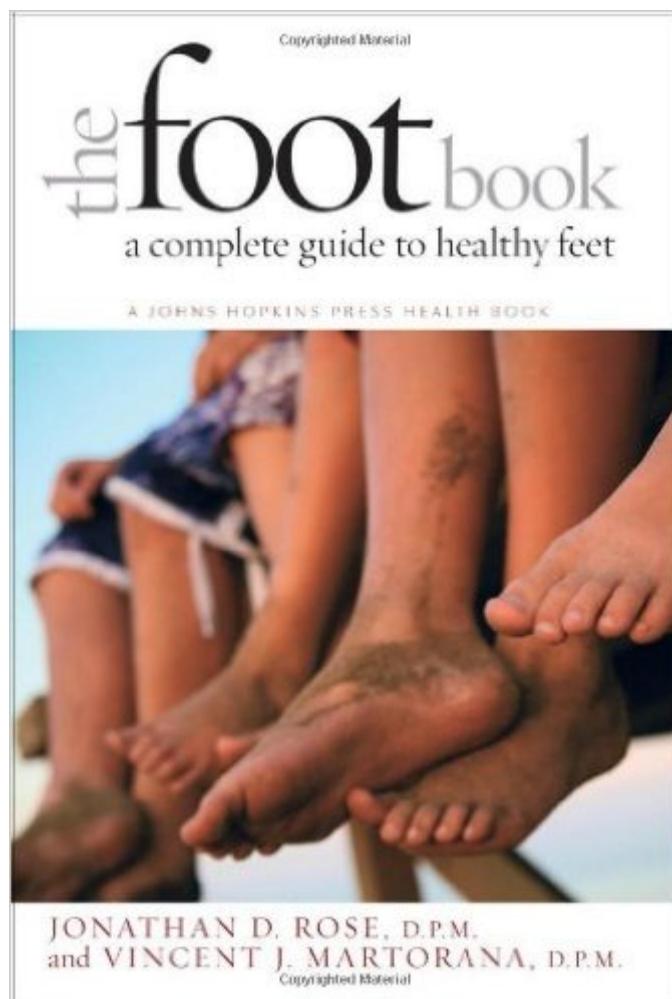


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# The Foot Book: A Complete Guide To Healthy Feet (A Johns Hopkins Press Health Book)



## Synopsis

Aching or painful feet make it hard to stand or walkâ •not to mention dance, play sports, and take part in other activities. To keep you on your feet, this book offers a rich resource for understanding what can go wrong and how disorders, diseases, and injuries to the foot are diagnosed and treated. In this readable guide to common conditions that affect the foot and ankle, podiatrists Jonathan D. Rose and Vincent J. Martorana outline the professional and self-care treatment options available. What works for one personâ ™s foot pain does not necessarily work for someone elseâ ™s, so Doctors Rose and Martorana discuss proper foot care practices in a way that helps readers make good decisions about which treatment option will work best for them. Often called a marvel of biomedical engineering, the human foot is a complex and astonishingly versatile part of our anatomy. This book addresses the entire foot, inside and out, describing in plain English its special design characteristics and biomechanical operations. Everything is coveredâ •from corns and calluses to cancer and skin and nail problems, including special sections on childrenâ ™s feet, sports injuries, footwear, and orthotics. The Foot Book is an all-inclusive resource for everyone suffering from foot and ankle disorders, as well as physicians and other medical personnel who care for them.

## Book Information

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## Customer Reviews

For years I have been looking for a good foot care book. This is it. Authors Rose/Martorona have

nailed the subject (without any pun intention). These two know their subject, and explain in detail, in layman's language, how to care for your feet, and when to seek professional help. They appear to suggest young women-especially- should not damage the nail-groove when doing home treatment/pedicures; and describe how to avoid problems, for later in life, by doing things the proper way. By being 'out of sight' we forget our feet and their care, until they 'kick-up', this book will be a very worthwhile purchase, for everyone, with problematic AND healthy paws.

Everything you want to know and more. Haven't been to a podiatrist? Want to understand foot ailments? This book will give you information on how to maintain healthy feet, the sole of your body, and how to spot foot problems. Easy to read and understand.

This book is extremely helpful in understanding common foot ailments and how to alleviate pain. It's easy to read and with great graphics, it makes sense even to someone with little medical knowledge. A must read for anyone who wants to take care of their feet.

Fortunately, there are podiatrists! Most patients (and many of their doctors) know very little about feet. This little book is well written. It has good photos and simple drawings to help explanations. I recommend "The Foot Book" for laymen trying to better understand a foot diagnosis or treatment. I also recommend it for nurses and physicians looking for a good review text. Larry D. Romane, M.D., FACEP

I picked up this book on Kindle because I was looking for some assistance on understanding Tendonitus. It's a fabulous book on foot health-easy to understand, too.

This is a book that has the same small amount of useful information about the feet, but then starts a discussion about "perfect" feet which does not exist and finally talks about some conditions of abnormality as a way to prepare you for what you should talk about with your foot doctor... it says essentially the same thing that all books on shoes and feet have said for 100s of years now -- shoes should NEVER have to break in (except that stiffened rawhide (as in the platform your foot sits on) needs to soften with usage -- so shoes should NEVER leave blisters or raw skin... My problem here is that I have not been able to find shoes that fit right now for nearly 20 years... so I guess I might soon have to make my own shoes if I want shoes that are properly fit to my feet.... So, this book is 1) useful in that it can help people come to know what to pay attention to regarding feet health and

safety, and help you know what to talk to your doctor about -- who hasn't gone to the doctor and wish you knew what to ask?? But not much else... yes, it helps understand feet better, but the average person should understand atleast most of the basics as common sense kind of things....If you want to know more about your feet .. get it, but be prepared to have some questions remain unanswered here.

I found this boook very helpful

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