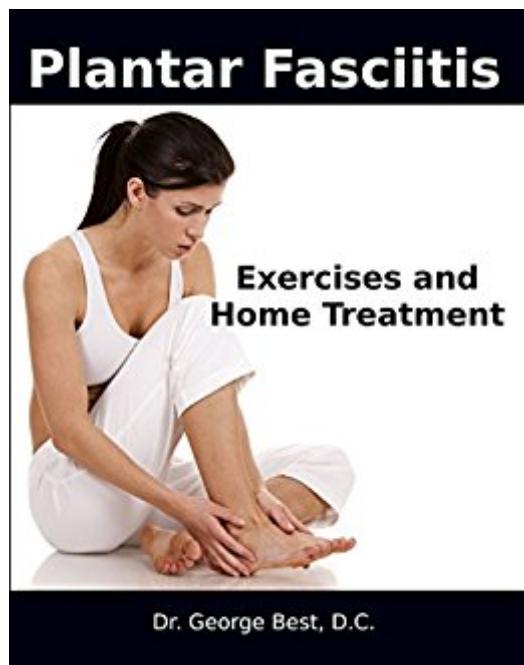


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# Plantar Fasciitis Exercises And Home Treatment



## **Synopsis**

Plantar Fasciitis Exercises and Home Treatment provides detailed, illustrated instructions for a variety of exercises and self treatment techniques to alleviate plantar fasciitis and related conditions. The book begins with a discussion of what plantar fasciitis is and the potential causes for it and then quickly moves into simple, yet effective means to treat it. Among the home treatment methods explored are stretching and strengthening exercises, self-massage techniques, acupressure, "energy medicine" techniques, natural and over the counter pain relieving products, and the use of cold and heat. Besides the home treatment methods, a chapter is included that discusses the most common professional treatment options and what can be expected from them. Plantar Fasciitis Exercises and Home Treatment is a concise, but very thorough guide to recovering from the pain of plantar fasciitis and to keeping it from returning. The author, Dr. George Best, is a doctor of chiropractic with over 20 years of clinical experience working with plantar fasciitis, including treatment-resistant cases. Learn from his wealth of experience to find the solution to your painful symptoms. Get Plantar Fasciitis Exercises and Home Treatment Today!

## **Book Information**

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## **Customer Reviews**

This book has been helpful. Before I read it I was doing a few exercises but didn't really understand what needed to be done. Within a week after reading the book I have found relief by implementing several of the exercises described in the book as well as other advice about night braces, proper arch supports, and the frequency and which exercises are best for me. I had considered Professional treatment but I think I can handle it on my own since coming to understand more details about PF.

Explains the whole Plantar Fasciitis thing as well as the heel spur, which I have had for a few months now. Better pictures than the quick sketches my chiropractor drew to explain it to me! LOL You have a total understanding of this issue and what causes it. In my case it is due to my sciatica and in part due to having worn poor shoes all my life. Lots of things and reasons you can get Plantar Fasciitis and this book gives a clear understanding, and very simple exercises with good explanation and helpful pictures. I even showed it to my chiropractor who has been treating me for it and he was impressed with it.

When I received this book about eight weeks ago, I was very happy to see how comprehensive it is. The author has written this book in a very straight-forward and no-nonsense way and I like that! I especially like Chapter One that explains just what Plantar Fasciitis is. I could have saved money from having an x-ray done! The symptoms explained were spot-on for me! I immediately began to use all the exercises and quickly narrowed the number of exercises down to: Calf Stretching, Toe Scrunches (just standing on carpet) Foot Rolling (on a golf ball) twice a day and Chiropractic visits one a month to insure that everything remains in alignment. I have also put arch supports in all of my shoes. No surgery for this guy! On a pain-scale of one to five, with five being the most pain (debilitating); I started at a four and I would say that I'm at a one-minus now! That's awesome! The pain level began to decrease immediately upon doing the exercises. First steps in the morning are probably a one-plus on the pain-scale. Last week, I reduced the exercises to once per day. All is good! I'll continue this exercise regimen until I don't need to. Thanks Dr. Best for a very well written...no-nonsense book!

Book poor quality has good ideas

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