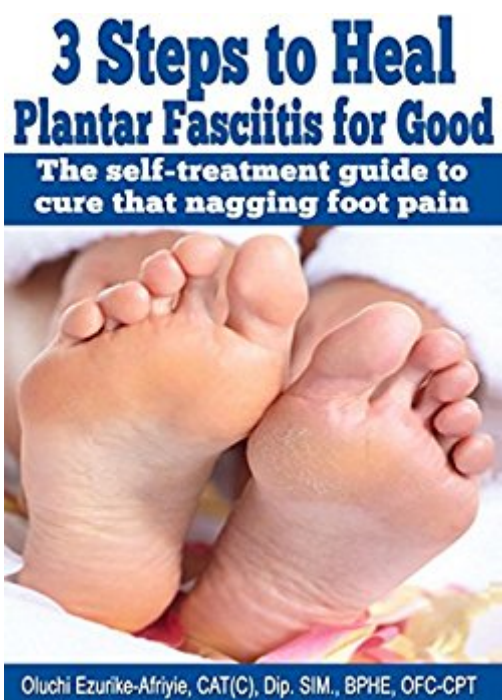


The book was found

3 Steps To Heal Plantar Fasciitis For Good: The Self-treatment Guide To Cure That Nagging Foot Pain



Synopsis

Frustrated by that nagging foot pain or heel pain that is preventing you from doing everyday activities? Get this 3 Step guide that will teach you how to treat and heal your plantar fasciitis once and for all without ever leaving your house. Is plantar fasciitis: â—|Stopping you from participating in your favourite sport or physical activity? â—|Making everyday chores difficult to do? â—|Making simple walking an excruciating experience? ...then this book is a must. Most treatment programs for plantar fasciitis prove ineffective because they only look at one aspect of the injury. This 3-step program looks at all aspects and contain the right treatments to be done at the appropriate phase to guarantee complete recovery. In addition, e-mail support is available should you have any question or concerns along the way. â—|Step 1 shows you techniques you can do immediately to stop pain and reduce scar tissue. I even show you how to tape your foot to minimize pain! â—|Step 2 then takes it further and shows you techniques to repair tissue, build strength and stability of the foot. â—|All the exercises you need to keep moving pain-free and ensure the plantar fasciitis does not return, are contained in Step 3. Stop living with pain and get this guided self-treatment plan designed to heal plantar fasciitis and eliminate any chance of re-injury.

Book Information

File Size: 2429 KB

Publisher: Oluchi Ezurike-Afriyie, CAT(C), Dip. SIM., BPHE, OFC-CPT (January 5, 2016)

Publication Date: January 5, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01A83JYO6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #424,594 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18

inÂ Kindle Store > Kindle eBooks > Medical eBooks > Allied Health Professions > Podiatry #48

inÂ Books > Medical Books > Allied Health Professions > Podiatry #127 inÂ Kindle Store > Kindle

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Customer Reviews

Short, super easy instruction!! Plenty of photos to accompany the step by step instructions. Highly recommend!! It is to the point and realistically motivating.

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