



## Fixing You: Foot & Ankle Pain: Self-treatment for foot and ankle pain, heel spurs, plantar fasciitis, assessing shoe inserts and other diagnoses (Volume 1)

By Rick Olderman MSPT

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Fixing You: Foot & Ankle Pain helps with issues creating chronic foot and ankle pain. Factors involved in these problems are foot strike patterns, the shape of the thigh bones, foot muscle function, calf tightness, and the shape of the foot. Fixing You: Foot & Ankle Pain offers strategies to correct these problems including taping and techniques to release chronically tight musculature. Additionally this book offers tips to select foot orthoses and offers some thoughts on minimalist running.

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*By Rick Olderman MSPT*

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- Sales Rank: #128424 in Books
- Brand: Brand: Boone Publishing, LLC
- Published on: 2012-09-06
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .28" w x 6.00" l, .39 pounds
- Binding: Paperback
- 124 pages

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### **Editorial Review**

#### About the Author

Rick Olderman is a physical therapist, personal trainer, and Pilates instructor. He specializes in helping people with chronic pain or nagging injuries by understanding biomechanics of painful movement. The premise of the Fixing You series is that most chronic pain or nagging injuries can be helped by correcting function. Rick's books help people understand and therefore fix their functional problems causing pain. Rick lives and works in Denver, Colorado. Feel free to contact his clinic at (303) 477-5303 to make an appointment or visit [www.denver-pt.com](http://www.denver-pt.com) to find out more about his clinic. You can also visit [www.RickOlderman.com](http://www.RickOlderman.com) to read more about Rick's approaches to helping people solve their pain.

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