



# Fixing Your Feet: Prevention and Treatments for Athletes

By John Vonhof

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## Fixing Your Feet: Prevention and Treatments for Athletes By John Vonhof

The highly successful Fixing Your Feet has been revised and updated to make it an even more complete source of information about proper foot care for the runner, hiker, adventure racer, or any athlete. Learn to be proactive in preventing foot problems through proper techniques, reactive with treatments when problems develop, and what supplies and resources are available. It includes the basics of selecting the right footwear, products and gear to prevent injury, ways to avoid and treat blisters, symptoms and treatments for problems from athlete's foot to serious sprains, and resources for equipment and supplies.

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## **Fixing Your Feet: Prevention and Treatments for Athletes By John Vonhof Bibliography**

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### **Editorial Review**

#### **About the Author**

An avid runner and fastpacker for more than 27 years, John Vonhof treats athletes' feet during ultramarathons and adventure races. He combines the technical training of his work as a paramedic, orthopedic technician, and emergency-room technician with his passion to help athletes with their foot problems. John has traveled world-wide to train athletes, their crews, and medical personnel about proper foot-care techniques.

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