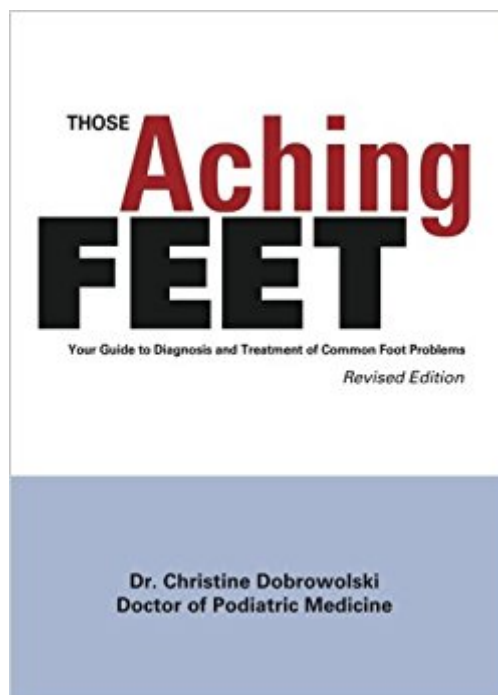




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# Those Aching Feet - Revised Edition: Your Guide To Diagnosis And Treatment Of Common Foot Problems



## Synopsis

"Those Aching Feet" covers a wide range of foot conditions including heel pain, bunions, hammertoes, ingrown nails, callouses, corns, warts, and diabetic foot problems. This book will help you understand the basic mechanics of the foot, introduce you to general foot problems, and give you a step-by-step guide on how to initiate treatment of those problems. A separate chapter for athletes outlines a variety of sports injuries specific to the foot and ankle. This book has multiple illustrations along with clear explanations to help you understand your foot condition and guide you to relieve "Those Aching Feet".

## Book Information

Paperback: 154 pages

Publisher: SKI Publishing; Revised edition (February 1, 2005)

Language: English

ISBN-10: 096546122X

ISBN-13: 978-0965461221

Product Dimensions: 6.5 x 0.4 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #2,788,434 in Books (See Top 100 in Books) #86 in [Books > Textbooks >](#)

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## Customer Reviews

The book offers a how-to guide to prevent and treat common foot problems for people of all ages. -- Times-Standard A great source of information for diagnosing and treating foot problems....A must have for those with foot pain. -- Lawrence Ford, DPM (Podiatrist) This book is full of valuable information. I would recommend it to ... anyone wanting to take a proactive role in the health care of their feet. -- Kristian Hill, MSPT (Physical Therapist). This practical book provides patients with a blueprint for finding solutions to common foot problems. -- Beth Abels, MD (Internist) --Beth Abels, MD (Internist)Are you tired at the end of your day? Do you have to cram your feet in to fashionable shoes for work? Do you have to stand for long hours, or chase your child all day? According to Christine Dobrowolski, DPM, if you can keep your feet from hurting, you'll find that you have more energy and possibly less knee and back pain. How the foot hits the ground affects: the ankles, knees, hips and back (page 126 Those Aching Feet) I know that I could certainly use more energy and less

pain, how about you? Those Aching Feet is a frank, easy to read look at common foot problems; their diagnosis, and treatment. Most of the chapters are aimed at: the average person, the elderly, and diabetics; however, Dobrowolski has also included a special section just for athletes of all types-- even weekend warriors. The writing is clear and concise; complete with no non-sense language instead of packed with medical terms that most people can't pronounce. Diagrams with large writing are included to illustrate more clearly what ailments look like, which will aid in the process of self diagnosis in many cases. Dobrowolski also outlines situations that will require you to go directly to your doctor, and she offers readers questions to ask so that once you arrive at your physicians, you will be able to act as an informed patient. Like most people, feet are not something I want to think about for extended periods of time. In spite of my prejudices, I found Those Aching Feet to be a particularly engaging and pertinent read. I strongly recommend Those Aching Feet, to the audience at large, even if you only keep it as a reference book. Eventually, the information contained within this book's pages will come in handy! --Kate St.Amour of BookReview.com

Those Aching Feet: Your Guide to Diagnosis and Treatment of Common Foot Problems is a simple guide for lay people concerning how to prevent, identify, and take care of ailments ranging from ingrown nails to warts, callouses, bunions, flat feet, and even diabetes-related difficulties. An especial section is devoted to foot problems common to athletes, such as shin splints, ankle sprains, and achilles tendonitis. Those Aching Feet does not go into great depth upon the maladies it covers; it's simply a no-nonsense guideline to the basic facts any active person needs to know, and a superb primer to brush up on good podiatric habits before visiting a health care professional. Especially recommended for athletes and those who spend most of their day on their feet. --Midwest Book Review

Christine Dobrowolski received her undergraduate degree in biochemistry from the University of California at Davis. She earned her Doctorate in Podiatric Medicine (DPM) from The California College of Podiatric Medicine (CCPM). During her residency she trained in foot and ankle surgery. Dr. Dobrowolski has published articles in The Journal of the American Podiatric Medical Association and The Lower Extremity. She also co-authored a chapter in The Comprehensive Textbook of Foot Surgery. Most recently Christine complete her Master's Degree in Nutrition. Dr. Dobrowolski practices in California, USA.

The section on plantar ligament problems was very helpful to me, and was the sole purpose of this purchase of a book on feet. (pun intended).Should I dare suggest that it was a step in the right

direction?

I am fairly athletic and through the years I have had many feet and leg problems, mostly associated with sports and running. My latest issue has been plantar fasciitis, aka heel pain. I checked out a few other books as well as talking to my regular doctor, but I was still having the pain. From the TOC in the "Search inside this book" feature on .com, I noticed that there was an entire chapter dedicated to Plantar Fasciitis, as well as an extra section in the athletes chapter. (heel pain and plantar fasciitis was reference many times in the glossary too) So I went ahead and ordered the book. I really didn't expect much, since I already had other advice. I read the thorough descriptions of the heel pain issues and solution, and began taking care of my feet as suggested. They are already feeling much better while walking around and doing light jogging. So far, so good. It seems that I am on the road to recovery. In addition to the heel pain section, I browsed through the rest of the book. There is a lot of information about many common feet issues in this book. I am glad I purchased it, as it will be a very useful reference for any of my future foot problems. I can, without reservation, recommend this book to anyone with feet. -Greg

This is THE book to get for foot related problems. I have a few other "foot" books on .com and local bookstores, only to find out that they were targeted at doctors or didn't cover a lot of area. "Those Aching Feet" covers a wide range of possible problems that we humans have with our feet. I am a sometimes athlete and have also had bunion problems. This book gave me lots of practical advice for diagnosing what was wrong with my feet and then how to start taking care of it myself. The author takes care to constantly remind the reader to consult a physician. I found this to be a helpful reminder, since it's easy to try to treat everything at home and skip a trip to the doctor, but there are so many times when seeing a doctor will quickly solve a problem that you can't fix at home. Dr. Dobrowolski let me know my options and reminded me to see the doctor. I should note that I found this book to be easy to read. As I mentioned before other books were very heavy on the medical talk. This book has all the details and presents in a way that non-medically inclined people like me can understand. I also like the stories that she tells about her patients and their foot problems and solutions.

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This is an excellent manual on the education and care surrounding the feet. I am a diabetic and have problems that were covered knowledgeably in this text. The scope of this book is comprehensive and the information is applicable in a wide range of foot concerns. The thing I liked most is that the average person can read and appreciate the material without having to have an extensive background in podiatry. It is very user friendly while still presenting a depth of information. Highly recommended!

I have a ganglia cyst on both feet, as well as other feet problems. "Those Aching Feet" described the ganglia cyst problem very clearly. After reading about it, I was relieved to discover that an easy solution was available. I visited my doctor and had the fluid drained. It's a (surprisingly) easy read that seems to cover everything foot related. I give it a very high rank compared to other medical books I have read.

Ok, so who's feet don't hurt? Especially if you are woman teetering around on high heels all day? I've been a runner on and off throughout my adult life and I found Dr. Dobrowolski's suggestions for athletes particularly helpful for basic problems that plague the recreational athlete. Thank you for creating a great resource!

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