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Fixing Your Feet: Prevention and Treatments for Athletes

John Vonhof

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Fixing Your Feet: Prevention and Treatments for Athletes

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Fixing Your Feet: Prevention and Treatments for Athletes John Vonhof
A complete source of information about proper foot care for the runner, hiker, adventure racer, or any athlete. Readers will lear to be proactive in preventing foot problems through proper techniques, reactive with treatments when problems develop, and what supplies and resources are available.

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