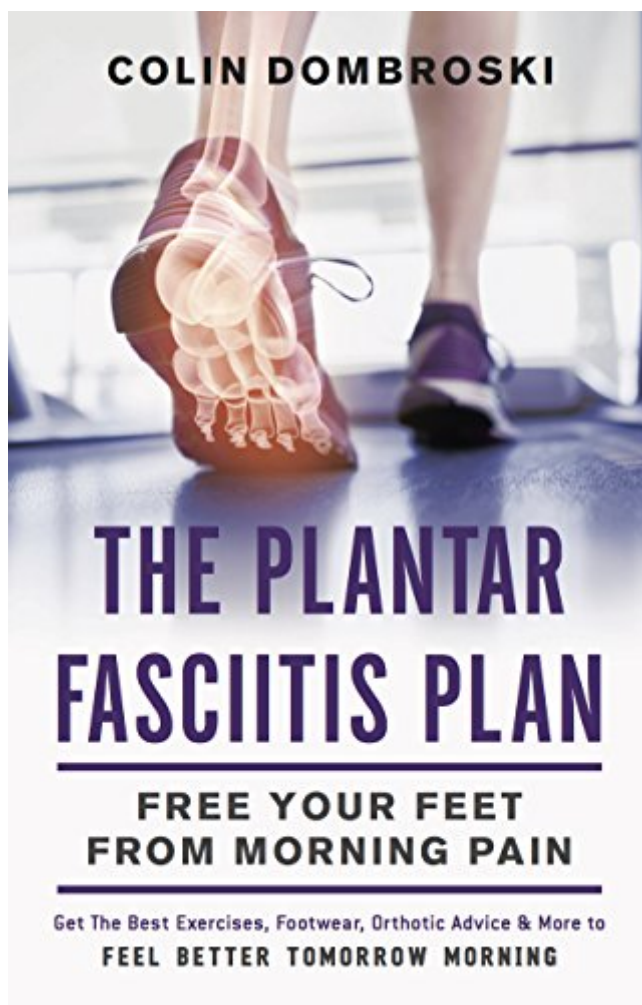


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The Plantar Fasciitis Plan: Free Your Feet From Morning Pain



Synopsis

The burning. The sore heel. The pain of those first morning steps. When you suffer from plantar fasciitis, even the simplest tasks can seem unbearable -- and the treatment can often feel as frustrating as the ailment itself. However, treating plantar fasciitis doesn't have to be a slow and painful process. In most cases, in fact, treatment can be simple, inexpensive, and highly effective. Dr. Colin Dombroski has helped thousands of patients alleviate plantar fasciitis, and now he draws on his personal experiences and painstaking research to provide a comprehensive guide to managing, treating, and preventing PF without breaking the bank. In *The Plantar Fasciitis Plan*, Dr. Dombroski identifies and explains causes, symptoms, and risk factors for plantar fasciitis; teaches PF sufferers and doctors home-healing techniques; and delves into treatments for cases of PF that are harder to cure. Along the way, he'll provide tips for staying active, advice on spending the least to get the best results, and pointers on making the most of any treatment. Plantar fasciitis can be a painful, distressing, and debilitating problem -- but thanks to Dr. Dombroski, it doesn't have to be a permanent one.

Book Information

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Customer Reviews

This book is amazing with such great advice. It's easy to follow and understand, with great tips and advice for anyone suffering from heel pain.

This book has been incredibly helpful and is a really good resource. Definitely recommend it!

I'm a photographer who spends her time on all kinds of hard and different surfaces. My heels have been sore on and off for years. After taking Colin's suggestions and wearing different shoes, and strengthening my feet, I'm now PAIN FREE! Thank-you, Thank-you.

A year ago I had to stop my long walks due to foot pain. I was told my pain was due to plantar fasciitis and if I just rested, the pain would go away. Months later I was no better, in fact I was worse. A friend told me about this book and said it had helped her. I found it very informative and quite easy to read. Best thing is I followed the Plan and had great results! I'm now PAIN FREE and have been able to get back to my 5-k walks. Thank you Colin Dombroski!

As a health care professional, I find tremendous value in evidence based medicine. Colin has not only taken the time to review all of the relevant research, he has also been able to successfully translate it into easily understood action items. Speaking from experience, the information and recovery process outlined in this book is highly effective!

I bought this because all of the ratings were 5 stars and I've struggled with this for a few months. My local doctor didn't know much and I can't afford a podiatrist. While I can't speak for someone with a ridiculously bad case of foot problems, if you're struggling with minor ones and are looking for a few new ideas, you might as well spend \$10 here before you spend \$100 on a doctor visit.

As a busy professional, I am always on the go. I have suffered from heel pain off and on for years, and had just been putting up with the pain. The advice in this book was easy to incorporate into my busy schedule and I saw results very quickly! Easy to read and understand, there is something for everyone with heel pain in this book. Worth every penny!!

The advice in this book is amazing! I stand at work for 8-10 hours per day and by the end of a shift I was in pain. I couldn't be active after work since all I wanted to do was get off my feet. The book was easy to understand and by following the methods laid out in it I'm back to the activities I love. Worth it!!

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