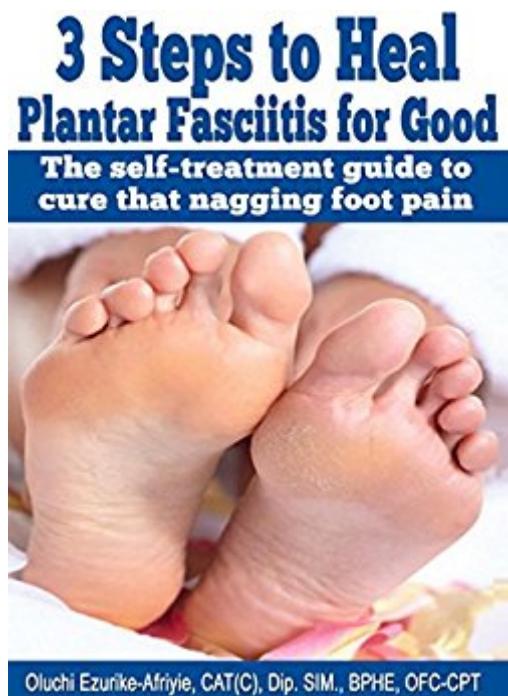


The book was found

3 Steps To Heal Plantar Fasciitis For Good: The Self-treatment Guide To Cure That Nagging Foot Pain



Synopsis

Frustrated by that nagging foot pain or heel pain that is preventing you from doing everyday activities? Get this 3 Step guide that will teach you how to treat and heal your plantar fasciitis once and for all without ever leaving your house. Is plantar fasciitis:  Stopping you from participating in your favourite sport or physical activity?  Making everyday chores difficult to do?  Making simple walking an excruciating experience? ...then this book is a must. Most treatment programs for plantar fasciitis prove ineffective because they only look at one aspect of the injury. This 3-step program looks at all aspects and contain the right treatments to be done at the appropriate phase to guarantee complete recovery. In addition, e-mail support is available should you have any question or concerns along the way.  Step 1 shows you techniques you can do immediately to stop pain and reduce scar tissue. I even show you how to tape your foot to minimize pain!  Step 2 then takes it further and shows you techniques to repair tissue, build strength and stability of the foot.  All the exercises you need to keep moving pain-free and ensure the plantar fasciitis does not return, are contained in Step 3. Stop living with pain and get this guided self-treatment plan designed to heal plantar fasciitis and eliminate any chance of re-injury.

Book Information

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Customer Reviews

Short, super easy instruction!! Plenty of photos to accompany the step by step instructions. Highly recommend!! It is to the point and realistically motivating.

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