



# **The Foot Book: A Complete Guide to Healthy Feet (A Johns Hopkins Press Health Book)**

*Jonathan D. Rose, Vincent J. Martorana*

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Aching or painful feet make it hard to stand or walk -- not to mention dance, play sports, and take part in other activities. To keep you on your feet, this book offers a rich resource for understanding what can go wrong and how disorders, diseases, and injuries to the foot are diagnosed and treated.

In this readable guide to common conditions that affect the foot and ankle, podiatrists Jonathan D. Rose and Vincent J. Martorana outline the professional and self-care treatment options available. What works for one person's foot pain does not necessarily work for someone else's, so Doctors Rose and Martorana discuss proper foot care practices in a way that helps readers make good decisions about which treatment option will work best for *them*.

Often called a marvel of biomedical engineering, the human foot is a complex and astonishingly versatile part of our anatomy. This book addresses the entire foot, inside and out, describing in plain English its special design characteristics and biomechanical operations. Everything is covered -- from corns and calluses to cancer and skin and nail problems, including special sections on children's feet, sports injuries, footwear, and orthotics.

*The Foot Book* is an all-inclusive resource for everyone suffering from foot and ankle disorders, as well as physicians and other medical personnel who care for them.

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