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Every Womans Guide to Foot Pain Relief: The New Science of Healthy Feet

By Katy Bowman

Benbella Books. Paperback. Condition: New. 192 pages. Foot pain isn't just pain; it's a symptom of serious problems that will only get worse if you ignore it. One in four women in the United States is suffering from debilitating foot pain, which can affect the function of other body parts, from knees and hips to the pelvis and spine. But foot pain - and the underlying problems it reveals - can be eliminated. Every Womans Guide to Foot Pain Relief will show you how to not only prevent pain but how fix your feet and halt damage to the rest of your body. Through the scientific approach of biomechanics, which looks at the gravity, friction and pressure of our bodies, expert Katy Bowman offers an innovative set of exercises; her easy-to-follow program will help you to eliminate unnecessary foot and lower-leg pain. Bowman, a science advisory member for Earth Footwear, also walks you through the shoes you should (and should not) be wearing at different life stages without sacrificing fashion. Every Womans Guide to Foot Pain Relief will teach you how a healthy foot works optimally and put you on the road to prevention and recovery. Katy Bowman, MS, is the creator...



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