



**Fixing You: Foot & Ankle Pain: Self-treatment for  
foot and ankle pain, heel spurs, plantar fasciitis,  
assessing shoe inserts and other diagnoses (Volume  
1)**

*Rick Olderman MSPT*

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Fixing You: Foot & Ankle Pain helps with issues creating chronic foot and ankle pain. Factors involved in these problems are foot strike patterns, the shape of the thigh bones, foot muscle function, calf tightness, and the shape of the foot. Fixing You: Foot & Ankle Pain offers strategies to correct these problems including taping and techniques to release chronically tight musculature. Additionally this book offers tips to select foot orthoses and offers some thoughts on minimalist running.

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