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Resolving Plantar Fasciitis - A Roadmap to Success

By Brian James Abelson, Kamali Thara Abelson

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Have you been suffering due to excruciating pain in the bottom of your foot? Are you missing out on your active-living lifestyle because of the pain? This easy-to-read book helps you to understand the true causes of Plantar Fasciitis, its impact on the other structures of your body (your kinetic chain), and provides simple, non-invasive, and effective tools for eliminating your problem. Unlike most programs which focus on just your feet, you will learn to look at your body as a dynamic web of interconnected links - the Kinetic Web. You may discover that your Plantar Fasciitis case is caused by injuries and restrictions in other, distant parts of your body. You will learn how to find these problem areas, and then truly resolve your Plantar Fasciitis for the long-term by building your own unique, individualized routine of myofascial releases, stretches, and strengthening exercises to address your specific issues. So get back to your active, pain-free lifestyle, and get rid of that pain in the bottom...



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