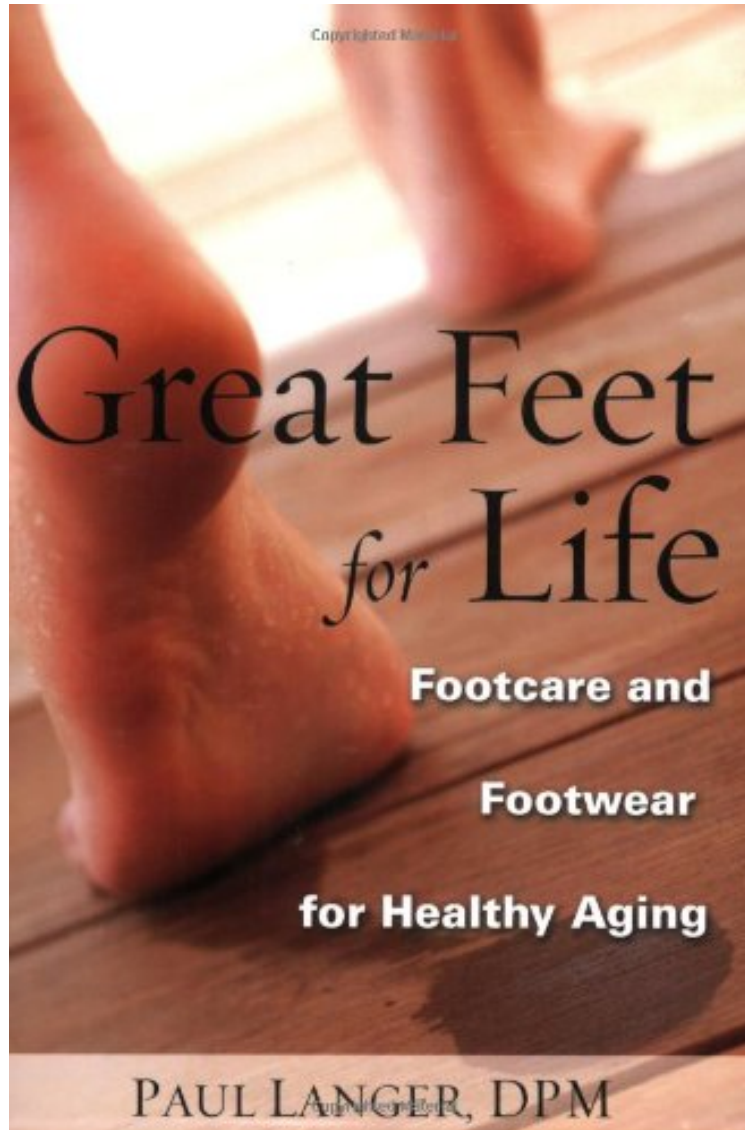


[Library ebook] Great Feet for Life: Footcare and Footwear for Healthy Aging

Great Feet for Life: Footcare and Footwear for Healthy Aging

Paul Langer

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Paul Langer : Great Feet for Life: Footcare and Footwear for Healthy Aging before purchasing it in order to gage whether or not it would be worth my time, and all praised Great Feet for Life: Footcare and Footwear for Healthy Aging:

1 of 1 people found the following review helpful. A nice overview with a few exercisesBy ShaniThis has specific info about many foot conditions. But enough information is given that I learned what I needed. A nice overview with a few exercises. Good overview of shoe choices; some are out of date but most are still available.0 of 0 people found the following review helpful. Interesting and helpful.By BSWI find the majority of the book interesting and helpful, not

all applied. However, it did give me some information I needed. 0 of 0 people found the following review helpful. Four Stars
By sunnilyvery helpful material

Shows how better footcare can help seniors extend their enjoyment of golf and other active pursuits.

From the Publisher Studies show that 80% of people over 50 have at least one medical condition of the feet. Think of all the common activities that would be uncomfortable for someone with persistent foot pain: golfing, watching parades (or any other event that require standing for a long time), sightseeing while on vacation---even walking around the grocery store once a week could be uncomfortable. Limited mobility due to foot pain can also lead to other problems, including weight gain and increased social isolation. Fortunately, proper footcare in midlife and beyond can help you maintain or regain your active and independent lifestyle. This book will help you find the perfect shoes for your feet or lifestyle, determine which insoles and orthotics are right for you (and which ones to AVOID at all costs), understand when foot surgery may be called for, and perform home exercises that can prevent or relieve foot pain. The book also contains a helpful appendix of foot care products and resources---helping you sort through all those confusing choices at your local shoestore and drug store.

About the Author Paul Langer is a podiatric medicine specialist and an associate clinical professor in the field. He is an experienced marathon runner and Ironman triathlete, aspiring to live long enough to be the oldest man to run a marathon.