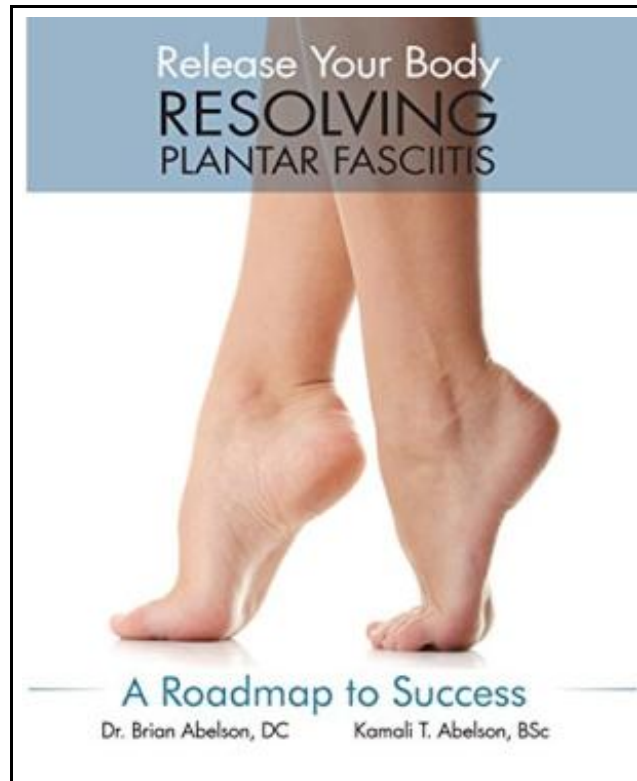


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===== Have you been suffering due to excruciating pain in the bottom of your foot? Are you missing out on your active-living lifestyle because of the pain? This easy-to-read book helps you to understand the true causes of Plantar Fasciitis, its impact 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 of your feet. ===== In This Book
===== Here is a quick overview of just the top level headings in our Table of Contents. Table of Contents Chapter 1: About Plantar Fasciitis Symptoms of Plantar Fasciitis Plantar Fasciitis.What Does it Mean? Causes of Plantar Fasciitis? What is Needed to Resolve Plantar Fasciitis? THE 80/20 Effect Chapter 2: Plantar Fasciitis and the Kinetic Web Injuries Impacting Kinetic Chain Workings of the Plantar Fascia Plantar Fascia s Windlass Mechanism Fascia Kinetic Web A Kinetic Chain Example Chapter 3: The Anatomy Behind Plantar Fasciitis About Your Anatomy and PF The Soft-Tissues of the...



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