



# The Whole Foot Book: A Complete Program for Taking Care of Your Feet

By Brett Ryan Fink MD, Mark Stuart Mizel MD

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## The Whole Foot Book: A Complete Program for Taking Care of Your Feet

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Foot pain and injuries can thwart everyone from the athlete to even the weekend warrior. While many books review basic foot and ankle conditions, *The Whole Foot Book* offers numerous solutions for each problem, as there is no one best solution - different treatments work for different feet. This comprehensive resource covers footwear basics, prevention, and treatments along with clear diagrams, photos, and charts that demonstrate techniques and solutions. It covers common foot problems faced by diabetics, seniors, and athletes, including bunions, hammer toes, corns, calluses, warts, and skin maladies. It also features a chapter on choosing the proper footwear, gives advice on when to seek professional attention and helps you to understand when foot surgery is not and is not necessary, and highlights recent advances in foot surgery. But *The Whole Foot Book* goes further and addresses less common issues including neuropathy, blood clots, and HIV/Aids among others. The book really covers the whole foot.

### Special Features:

- Addresses the most common sources of foot pain including nail conditions, skin conditions, heel spurs, bunions and swelling
- Provides detailed step-by-step instructions for self-care of skin and nails
- Helps you to understand when foot surgery is not and is not necessary
- Provides easy-to-understand explanations of the causes of foot pain

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**The Whole Foot Book: A Complete Program for Taking Care of Your Feet** By Brett Ryan Fink MD, Mark Stuart Mizel MD **Bibliography**

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### **Editorial Review**

#### **Review**

"This book is impressive! It is written not only to be very useful for people to understand their condition, but as a primary care physician, I see direct application to my practice with respect to addressing my patients' foot and ankle concerns."-Michael L. Baach, MD, Parkside Internal Medicine, Carmel IN

"The Whole Foot Book is a comprehensive unbiased guide that will help people better understand their specific foot condition. The Whole Foot is an excellent tool "-Brian G. Elliott DPM, FACFAS, American Health Network Foot and Ankle Surgeons, Greenfield, IN

"Today's society demands information that helps one make informed decisions concerning their own or families' healthcare. And this book does just that for foot and ankle health problems. In an era of fitness and need to be informed, this book is a must read for the active person or individual with chronic foot ailments."-Richard Alvarez, MD, Professor and Chair, Department of Orthopaedic Surgery, College of Medicine Chattanooga, University of Tennessee (20111117) --Michael L. Baach, MD, Parkside Internal Medicine, Carmel IN

#### **About the Author**

Brett Ryan Fink is an orthopedic surgeon currently in private practice in Indianapolis, IN for the last 11 years and is President of the Indiana Orthopedic Center. He is a graduate of the University of Wisconsin and Washington University School of Medicine. He is a veteran of the US Navy and the Persian Gulf War. He completed his orthopedic residency at Portsmouth Naval Hospital. He was a foot and ankle fellow under Dr. Mizel at Boston University and the University of Miami.

Mark Stuart Mizel has been in practice as an academic orthopedic foot and ankle specialist for over twenty-five years. He is a graduate of Columbia University and Tufts University. He is a veteran of the US Navy and former naval aviator. He has held academic positions at Tufts, Johns Hopkins, and Boston Universities and at the University of Miami. He is the editor of five scholarly orthopedic books and author of over seventy research and review articles.

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