



Foot Book

Glenn Copeland

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Take your feet in hand! Nine out of ten of us have foot problems. Without proper diagnosis and treatment, problems such as runner's heel, tendinitis, heel spurs, bunions, hammer toes, and more can seriously impede your mobility and put a major crimp in your lifestyle. In this all-inclusive guide, well-known podiatrist Dr. Glenn Copeland brings his extensive experience to a wide range of foot care topics. Dr. Copeland:

- Addresses specific concerns, including women's foot problems, sports-related ailments, and geriatric foot problems
- Offers sound advice on footwear, from dress shoes and high heels to running shoes, cross-trainers, and sandals
- Provides a helpful Q & A section and a glossary of key terms

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