[(The 5-Minute Plantar Fasciitis Solution)] [Author: Jim Johnson] published on (February, 2008)

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The 5-Minute Plantar Fasciitis Solution is a simple and quick do-it-yourself program that will help you recover from one of mankind's most common and annoying foot problems- plantar fasciitis. Drawing from the latest scientific research, The 5-Minute Plantar Fasciitis Solution details in plain language what plantar fasciitis is, how to eliminate it, and the things you can do to prevent it from ever coming back again. And the best part? It has been proven in randomized controlled trials to work on long-term plantar fasciitis sufferers- taking only minutes a day to do! Jim Johnson, P.T. is a physical therapist who has spent over sixteen years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including The Multifidus Back Pain Solution, Treat Your Own Knees, The No-Beach, No-Zone, No-Nonsense Weight Loss Plan: A Pocket Guide to What Works, The Sixty-Second Motivator, and Treat Your Own Rotator Cuff. His books have been translated into other languages and thousands of copies have been sold worldwide. Besides working full-time as a clinician in a large teaching hospital and writing books, Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States.

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