



# How To Doctor Your Feet Without The Doctor: The 10 Most Common Foot Problems We See (Volume 1)

*Mark D. Sussman DPM, Myles J. Schneider DPM*

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Foot & Ankle Care You do not need to know anything about medicine to be able to use this guide. The whole idea is to help you get relief from your foot and ankle problems. This is a “first place to look book” which will allow you to safely and often effectively deal with a problem. It could save you going to the doctor, but it will also alert you when it is indeed necessary to visit one. Not all conditions can be self-treated. Read all instructions carefully. If you do not understand the instructions, are not certain what is wrong, or feel any reluctance to proceed with the recommendations, see a podiatrist or another qualified healthcare professional.

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