



Gesund zu Fuß: Hallux, Fersensporn & Co. (German Edition)

Klaus Engelke, Michael Hlatky

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Dieses Buch beschreibt die normalen Funktionsanforderungen, die häufigsten Fehlstellungen und Erkrankungen des Fußes sowie vorbeugende Maßnahmen und therapeutische Behandlungsansätze, um wieder schmerz- und beschwerdefrei gehen zu können.

Erst bei Einschränkungen nach Verletzungen, z.B. Brüchen, einem Hallux valgus, Zehenfehlstellungen, einem Fersensporn, einer Achillessehnenverletzung, aber auch bei Warzen oder Fußpilz usw. fällt auf, welche wichtigen Funktionen die nur rund 20 cm² große Auflagefläche und das Zusammenspiel aller Strukturelemente des Fußes für ein sicheres Stehen und für den aufrechten Gang des Menschen haben.

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