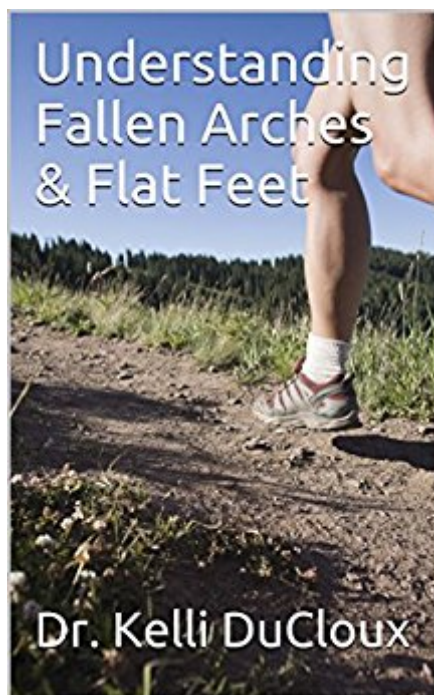


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# Understanding Fallen Arches & Flat Feet



## Synopsis

This book discusses the causes of flat feet as well as provides specific, targeted easy home exercises that will assist in strengthening your foot muscles. Learn the names of specific tendons that need to be treated to assist you with a flat foot condition. As with any muscle, if you do not use it, you will lose it. Thus this book provides a regimen of activities that will help empower you and increase the ability and strength in your feet.

## Book Information

File Size: 2331 KB

Print Length: 9 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 30, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01HU9O0B8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #248,691 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15

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