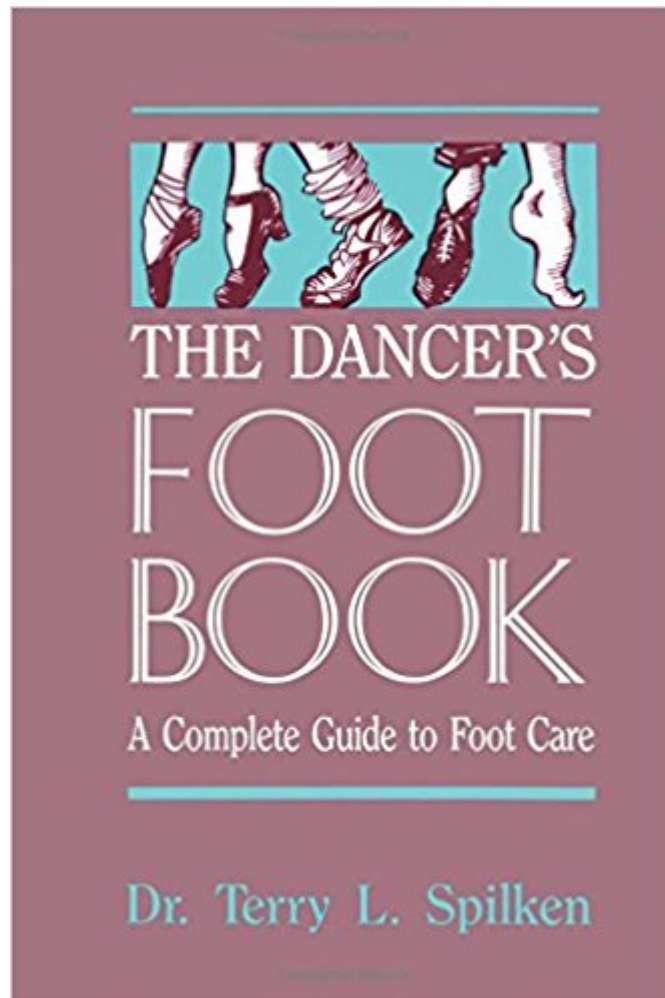




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The Dancer's Foot Book (Dance Horizons Book)



Synopsis

A complete guide to the common foot injuries of dancers in ballet, modern, jazz, and aerobic dance. Includes information for dance students, professionals, and teachers. Covers basic foot anatomy and has an alphabetical listing of injuries with recommended treatments.

Book Information

Series: Dance Horizons Book

Paperback: 152 pages

Publisher: Princeton Book Company; First Edition edition (October 1, 1990)

Language: English

ISBN-10: 0916622967

ISBN-13: 978-0916622961

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 3 customer reviews

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Customer Reviews

Very useful book. Very illustrative.

the book is quite old, so if you have a problem with your foot and you went to a podiatrist, you probably already know everything. however, for a "complete beginner" in feet problems it has some useful information.

I have danced my entire life and often I would get an injury and simply ignore it or treat it how I would a simple sore muscle or cramp. This book gives a complete encyclopedic dictionary of common "dancer" injuries and how to remedy them. It has proved to be a very helpful reference book for me on a daily basis. This book is easy to understand and even easier to use, this book will help anyone with basic foot problems, it isn't just for dancers.

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