



# Secrets to Keep Moving: A Guide from a Podiatrist

*Richard Blake*

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# Secrets to Keep Moving: A Guide from a Podiatrist

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## **Secrets to Keep Moving: A Guide from a Podiatrist** Richard Blake

Dr Richard Blake is a podiatrist in San Francisco, California. He has been practicing podiatry for 35 years with a focus on injury rehabilitation. That focus has led to many of the book's non surgical approaches to over 50 injuries or conditions presented in the pages. Dr Blake is a teacher by heart with a blog [drblakeshealingsole](#) and You Tube channel by the same name. This book originated from the pages of the blog and starts with general principles. These general principles work to help the reader know about injury rehabilitation from getting second opinions, to understanding the pain scale, to giving a good history, to good versus bad pain, to walk run programs, to fracture healing concepts, to phases of rehabilitation, to name a few. Then Dr Blake devotes 7 of the 15 chapters to specific conditions from the big toe area, mid foot, heel, ankle, achilles, and lower leg. These specific injuries include bunions, sesamoid injuries, metatarsal fractures, morton's neuroma, arch pain, posterior tibial injuries, plantar fasciitis, plantar fascial tears, ankle sprains, achilles tendinitis, shin splints, and calf strains. Dr Blake hopes this knowledge will help many heal quicker, and move safer. Dr Blake's common mantra is to keep moving in life, that movement is one of the secrets of a healthy life, and he tries to pass his observations along on how that can be accomplished.

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