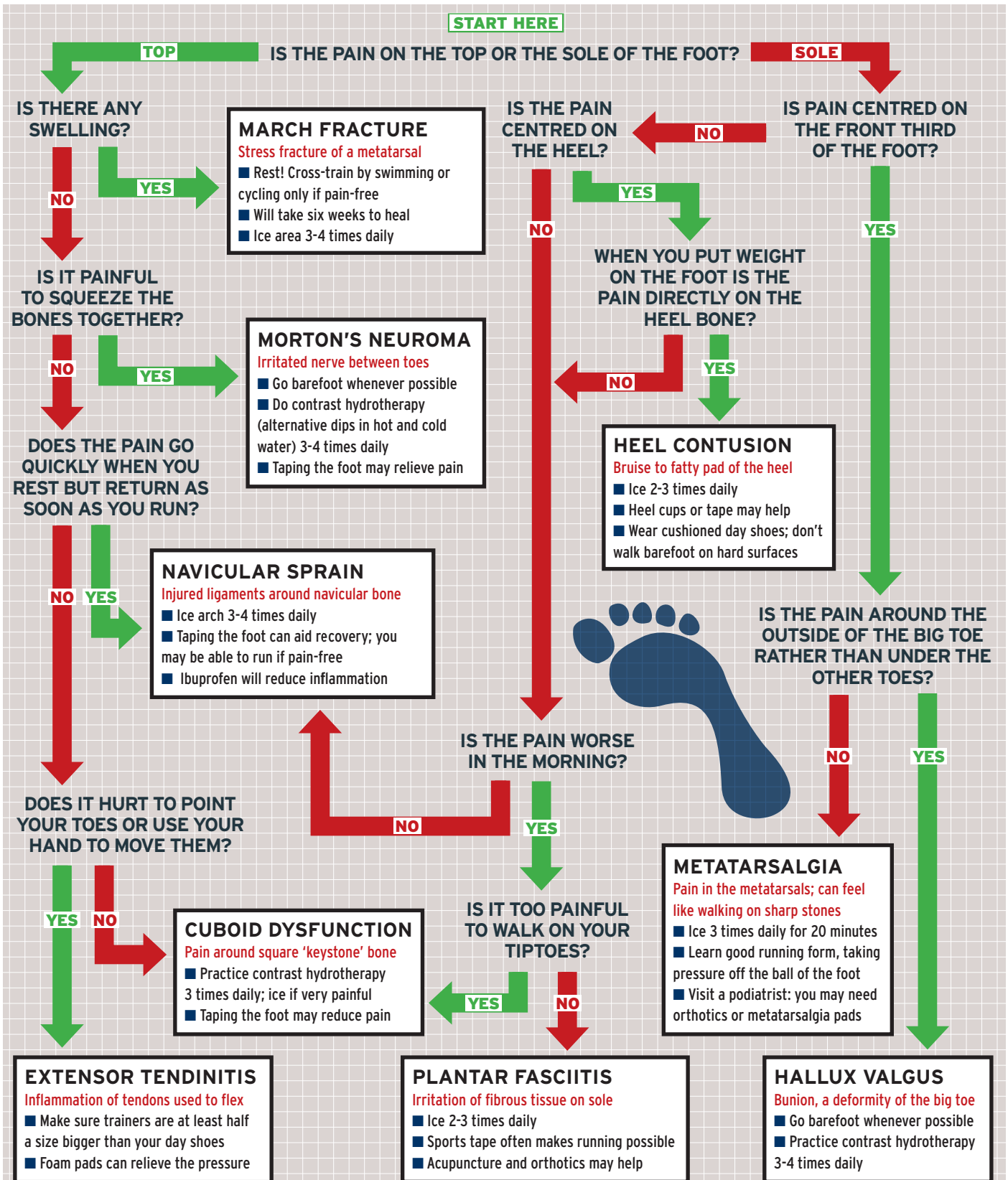


Foot patrol

Steal a march on persistent foot pain with RW's expert guide to self-diagnosis

Don't stop dead next time you suffer foot pain. "The supporting muscular structure will become weak," says sports-osteopath Gavin Burt. "Work out what's likely to be wrong and cut mileage, or cross-train instead, until you can get a professional diagnosis."



WORDS: RUTH EMMETT

FOR MORE DETAILED INFORMATION ON COMBATING THESE AILMENTS, VISIT RUNNINGINJURYORACLE.COM