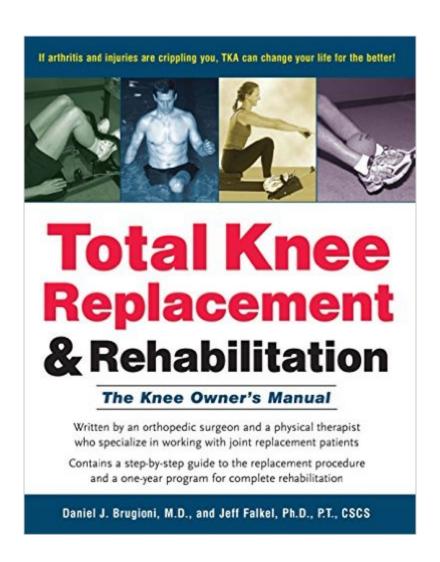
The book was found

Total Knee Replacement And Rehabilitation: The Knee Owner's Manual





Synopsis

While several treatment options exist for knee arthritis patients, end-stage treatment is total knee arthroplasty (TKA or total knee replacement). For patients to achieve maximum benefits of this surgical correction, they need understand and manage many important details both before and in the first year after surgery. This comprehensive guide explains everything from the preoperative decision-making process to the surgery itself, how to prepare your home for post-surgery rehabilitation, and a week by week description of how to rehabilitate yourself following your TKA. The road to recovery is laid out clearly in this book in such detail that there are no surprises. It concentrates extensively on postoperative rehabilitation, which is vital to the success of a TKA, and as important as the surgery itself. This book contains 145 exercises, 190 illustrations and photos, and questions and answers at the end of each chapter. It empowers patients with the knowledge they need to take charge of their own rehabilitation program.

Book Information

Paperback: 320 pages

Publisher: Hunter House; 1 edition (July 26, 2004)

Language: English

ISBN-10: 0897934393

ISBN-13: 978-0897934398

Product Dimensions: 7.2 x 0.7 x 9.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews (204 customer reviews)

Best Sellers Rank: #50,811 in Books (See Top 100 in Books) #33 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #111 in Books > Health,

Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #276 in Books > Health, Fitness

& Dieting > Alternative Medicine > Healing

Customer Reviews

Total Knee Replacement & Rehabilitation is written by a surgeon (Daniel Brugioni) and a physiotherapist (Jeff Falkel), both well-qualified and specialists in this topic. Dr Falkel's own bilateral knee replacement - both knees at the same time - was an eye-opener to him and changed his own approach to managing knee replacement patients. The number of people having total knee replacement is due to massively increase as post-war baby boomers start to hit their sixties, but this is unfortunately occurring at a time when health insurance companies around the world are

replacement is long, and insurance companies already do not fund adequate physiotherapy time. This book was written to support the knee replacement patient with practical advice for a full year after surgery. The first two chapters give an overview of arthritis and current approaches to slowing its progression and improving quality of life. Knee replacement is discussed in some detail - basic design considerations, bilateral knee replacement and how to go about finding a competent surgeon. Question and answer sessions complete each chapter. There is a useful pre-surgery chapter, advising on getting your home ready for your return from hospital and giving useful exercise regimes for building up strength to facilitate the use of crutches or a walker after surgery. What to expect once you arrive at the hospital and on the day of your operation are covered in some detail, but detail of the surgical process itself has been deliberately minimised. Potential complications are, however, covered in an appendix.

Download to continue reading...

Total Knee Replacement and Rehabilitation: The Knee Owner's Manual Fast Track Your Recovery From A Total Knee Replacement (Spanish Edition): CA mo Eliminar El Dolor Y La Medicina Para El Dolor De La Manera MÃis RÃipida Posible The Hair Replacement Revolution: A Consumer's Guide to Effective Hair Replacement Techniques What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) A Patient's Guide to Knee and Hip Replacement: Everything You Need to Know Hip and Knee Replacement: A Patient's Guide Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury Life After Hip Replacement: A Complete Guide to Recovery & Rehabilitation Getting Hip: Recovery From A Total Hip Replacement Burn Care and Rehabilitation: Principles and Practice (Contemporary Perspectives in Rehabilitation) Keeping Conures as Pets: A Pet Owner's Guide to Choosing, Housing, and Caring for a Pet Conure (Pet Owner's Guides Book 2) Owner's Pictorial Guide for the Care and Understanding of the Watling Bell Slot Machine (Owner's Pictorial Guide) Owner's Pictorial Guide for the Care and Understanding of the Pace Bell Slot Machine (Owner's Pictorial Guide) Rehabilitation: A Post-critical Approach (Rehabilitation Science in Practice Series) Certified Rehabilitation Counselor Examination Preparation: A Concise Guide to the Rehabilitation Counselor Test Chilton Total Car Care Chrysler PT Cruiser, 2001-2010 Repair Manual (Chilton's Total Car Care Repair Manuals) The Bride's Instruction Manual: How to Survive and Possibly Even Enjoy the Biggest Day of Your Life (Owner's and Instruction Manual) Manual SERMEF de rehabilitacion y medicina fisica / SERMEF Manual of Physical and Rehabilitation Medicine (Spanish Edition) The Definitive Testosterone Replacement

Therapy MANual: How to Optimize Your Testosterone for Lifelong Health and Happiness Fundamentos de prostodoncia total / Fundamentals of total prosthodontics (Spanish Edition)

<u>Dmca</u>