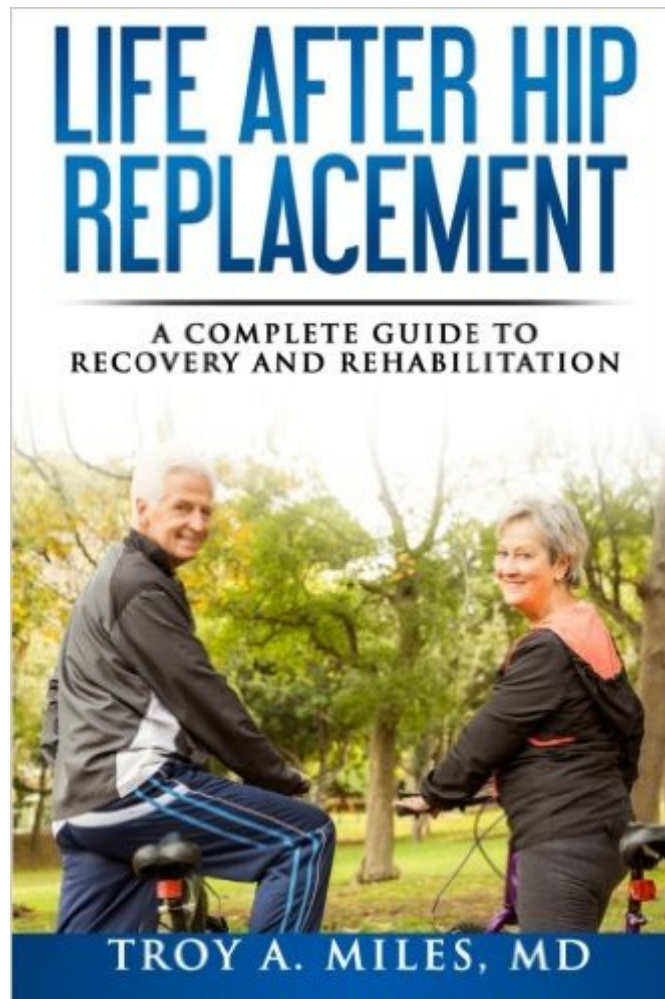


The book was found

Life After Hip Replacement: A Complete Guide To Recovery & Rehabilitation



Synopsis

Expertly navigate your recovery process after hip replacement surgery with **LIFE AFTER HIP REPLACEMENT: A COMPLETE GUIDE TO RECOVERY & REHABILITATION**. This practical guide reveals tips for a speedy and minimally painful recovery, bridging the gap between scientific evidence and real world advice. Written by orthopaedic surgeon Dr. Troy A. Miles, this concise guide gives you a clear understanding of what to expect following total hip replacement surgery. In this guide, you will find information about returning home after hip replacement surgery, you will learn which home modifications are essential during the early recovery phase, and you will gain a better understanding of how to safely return to your favorite recreational activities, such as golf, skiing, and tennis. Detailed illustrations and personal descriptions of common rehabilitation pitfalls serve as a foundation to an accelerated recovery. Take control of the recovery process by educating yourself on the principles of a speedy rehabilitation. Dr. Miles welcomes readers of all ages to learn more about the rapidly evolving field of adult joint replacement. **LIFE AFTER HIP REPLACEMENT: A COMPLETE GUIDE TO RECOVERY & REHABILITATION** is your invaluable key to a successful recovery and improved quality of life.

Book Information

Paperback: 104 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (March 19, 2016)

Language: English

ISBN-10: 1530474213

ISBN-13: 978-1530474219

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #710,709 in Books (See Top 100 in Books) #351 inÂ Books > Medical Books > Medicine > Surgery > Orthopedics

Customer Reviews

This is an excellent primer for anyone considering hip replacement surgery and the rehabilitation afterward. It's written in simple terms that everyone can understand. The discussion on pain control is spot on, and the activity recommendations after surgery are a great resource for people who enjoy the outdoors. What I liked most about the guide is how it helps prospective total hip patients get more control over their own recovery by offering simple tools and coping strategies.

Dr. Miles gives a clear, easy to understand outline of the hip replacement process from the onset of arthritis to surgery day expectations to the rehab/recovery process. I combined this resource with a book written by a patient to give me more understanding of the stages of hip replacement.

Dr. Miles writes clearly about what to expect before, during, and after hip replacement surgery. The book is very well written and quite succinct. Highly recommend for anybody considering undergoing this procedure.

Good for someone considering surgery, not for patients who are recovering. More of a general "what to expect" book than specific hints on how to recover.

great book thanks

[Download to continue reading...](#)

Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Life After Hip Replacement: A Complete Guide to Recovery & Rehabilitation Getting Hip: Recovery From A Total Hip Replacement Hip Replacement Using The Birmingham Hip Resurfacing Procedure: My Experiences Before, During and After Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) The Hair Replacement Revolution: A Consumer's Guide to Effective Hair Replacement Techniques A Patient's Guide to Knee and Hip Replacement: Everything You Need to Know Hip and Knee Replacement: A Patient's Guide 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)) Total Knee Replacement and Rehabilitation: The Knee Owner's Manual Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Certified Rehabilitation Counselor Examination Preparation: A Concise Guide to the Rehabilitation Counselor Test DYING TO REALLY LIVE: Finally, an After Death Survivor returns from deeply into life after death (NDEs - Life After Death? Series Book 1) Rehabilitation: A Post-critical Approach (Rehabilitation Science in Practice Series) Burn Care and Rehabilitation: Principles and Practice (Contemporary Perspectives in Rehabilitation) Fast Track Your Recovery From A Total Knee Replacement (Spanish Edition):

C     mo Eliminar El Dolor Y La Medicina Para El Dolor De La Manera M    s R    pida Posible
After Your Hip Surgery: A Guide to Daily Activities Perspectives on Long Term Rehabilitation: How I
made a better recovery from spinal cord injury than anyone expected Stroke and Brain Injury
Unraveled: Prevention, Causes, Symptoms, Diagnosis, Treatment, Recovery and Rehabilitation of
One of the Most Debilitating Maladies You Hope You Never Have in Your Lifetime After Effects for
Flash / Flash for After Effects: Dynamic Animation and Video with Adobe After Effects CS4 and
Adobe Flash CS4 Professional

[Dmca](#)