



## Life After Knee Replacement: A Guide to Success with Surgery, Recovery, and Rehabilitation (Paperback)

By Dr Troy a Miles

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. YOUR ULTIMATE RESOURCE FOR KNEE REPLACEMENT SURGERY Orthopaedic surgeon Dr. Troy A. Miles, bestselling author of Life After Hip Replacement: A Complete Guide to Recovery Rehabilitation and a leading expert on joint disorders, takes readers on a journey through the recovery process following knee replacement surgery. At last, a definitive roadmap with defined steps anyone can take to minimize discomfort following total knee replacement. Dr. Miles shows readers how to increase the chances of successful surgical outcomes through proper nutrition, stretching exercises, physical therapy routines, and pain coping techniques. He offers a complete guide, starting with steps that anyone suffering from knee pain should take before considering surgery and questions to ask when meeting with potential surgeons. LIFE AFTER KNEE REPLACEMENT: A GUIDE TO SUCCESS WITH SURGERY, RECOVERY, AND REHABILITATION is a comprehensive resource for anyone considering treatment for knee pain.



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