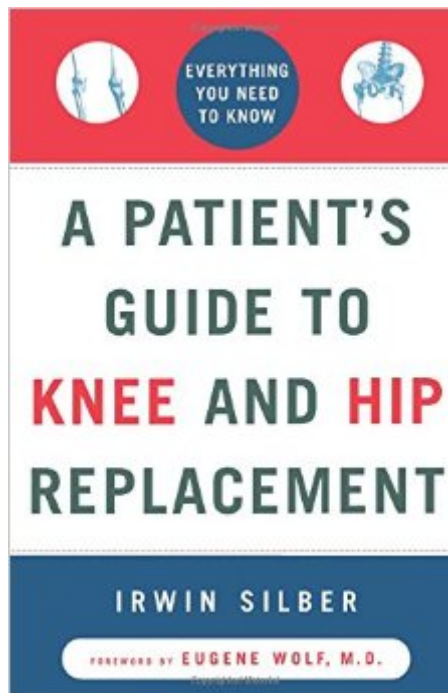


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# A Patient's Guide To Knee And Hip Replacement: Everything You Need To Know



## Synopsis

Written by a patient for other patients and in consultation with an Orthopedic Surgeon and a Physical Therapist, *A Patient's Guide to Knee and Hip Replacement* takes readers through the complete joint-replacement process, from the decision whether to have Surgery and the Preop Preparations, through the operation itself, the hospital stay, and the recovery period. Irwin Silber has had both knees and one hip replaced. Like hundreds of thousands of other joint-replacement patients, Silber is now physically active and free from pain as a result of today's highly effective medical technology. His chronicle of his own experiences, supplemented by interviews with many others who have had joints replaced, describes the whole procedure from a patient's perspective, including:

- \* How to determine whether it's time for a joint replacement, and why doctors are sometimes hesitant to perform surgery; possible consequences of delaying surgery
- \* A full description of the actual surgery, including the risks involved
- \* Information about postoperative physical therapy, including tips on how to prepare your home for the recovery process

Clearly written and profusely illustrated, *A Patient's Guide to Knee and Hip Replacement* is an informative and helpful book for anyone contemplating or already undergoing joint replacement.

## Book Information

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## Customer Reviews

I am a 72-year-old man who lives in Upstate New York. My daughter who resides in Dallas sent me this book in May, 1999. Prior to reading the book, I was walking around limping with severe pain in my right hip for 13 months. I took pain killers, most recently, Celebrex. Frankly, I was afraid to have the operation, even though I hated taking pills for pain. I glanced through the book after I received it

and put it aside. Our summer was very warm and I felt better. Early in September, 1999, the weather turned damp and cool and the hip pain returned with a vengeance. Finally, I picked up the book and read it cover to cover. I was amazed. Every aspect of the hip operation is covered, including preparing yourself for it. The book covers the pre-op requirements, the risks, the final decision, what will be needed at home after the operation and finally a blow-by-blow account of the author's feelings up to the day of the operation. After reading the book a second time, I was prepared to go ahead with the operation with confidence. The operation was scheduled for Oct. 7. Today is Oct. 23. Following the operation, I had no hip pain at all. The incision pain was quite severe but gradually subsided after a week or so. On Oct. 18, my dressing was removed and Oct. 20, the staples were removed. Four days after my operation, I started what I considered to be a cruel physical therapy workout, including 45 minutes of hip exercises, climbing stairs and weak feeling moments, nothing that is mentioned in the book. I cannot stress how important daily physical therapy is to the success of this operation. I have completed 45 minutes of exercising in the morning and 45 minutes in the afternoon, seven days a week, since Day 6 after the operation.

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