



Fast Track Your Recovery from a Total Knee Replacement (Spanish Edition): Como Eliminar El Dolor y La Medicina Para El Dolor de La Manera Mas Rapida Posible (Paperback)

By Michelle Stiles Pt

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: Spanish . Brand New Book ***** Print on Demand *****. Help yourself to a speedy and minimally painful knee replacement recovery. This easy-to-follow book is the result of clinical physical therapy practice in 5 states with hundreds of knee replacement patients over the course of 20 years. Despite getting similar instruction and exercises, patients experience a large amount of variability in speed of recovery and perceived difficulty of the recovery process. This book helps you understand and avoid the 5 major pitfalls that ensnare most knee replacement patients and provides you with an easy to use system that leads you through an accelerated path of recovery while maximizing safety and minimizing pain. Potential patients in the 40-64 year old category should especially seek the strategies encompassed in this book. The current rehabilitation system was created 20 years ago to cater to retires. The time frame to complete recovery before returning to work has been shortened. Find out how to avoid burning valuable PTO time and wasting money on extra high co-pays for therapy services (\$40-\$50 per visit). Recovery from a total knee replacement need not be a daunting project filled...



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