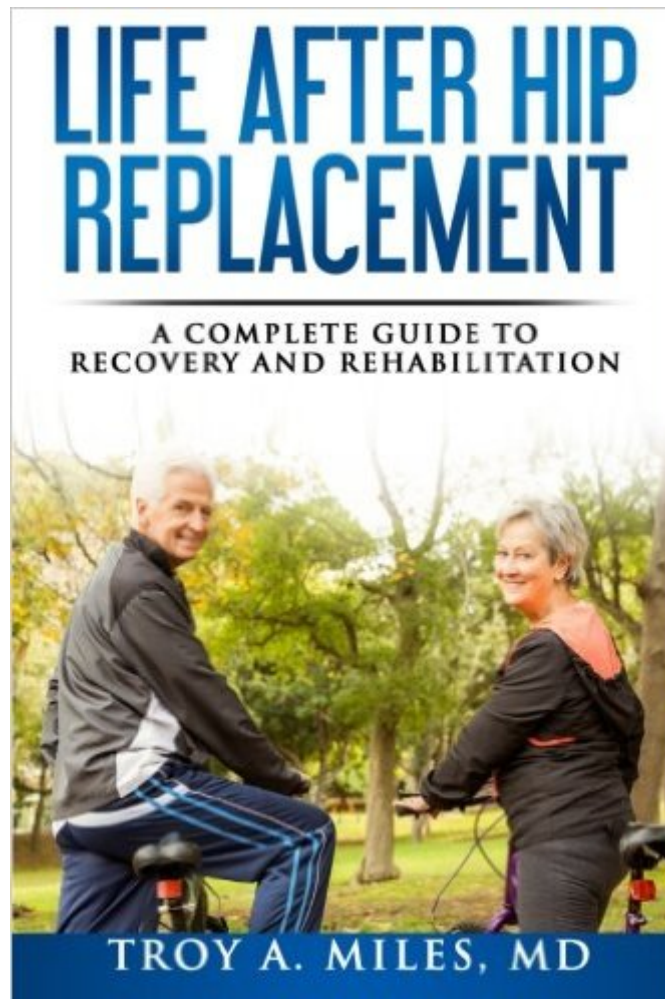


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# Life After Hip Replacement: A Complete Guide To Recovery & Rehabilitation



## 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

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## 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

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