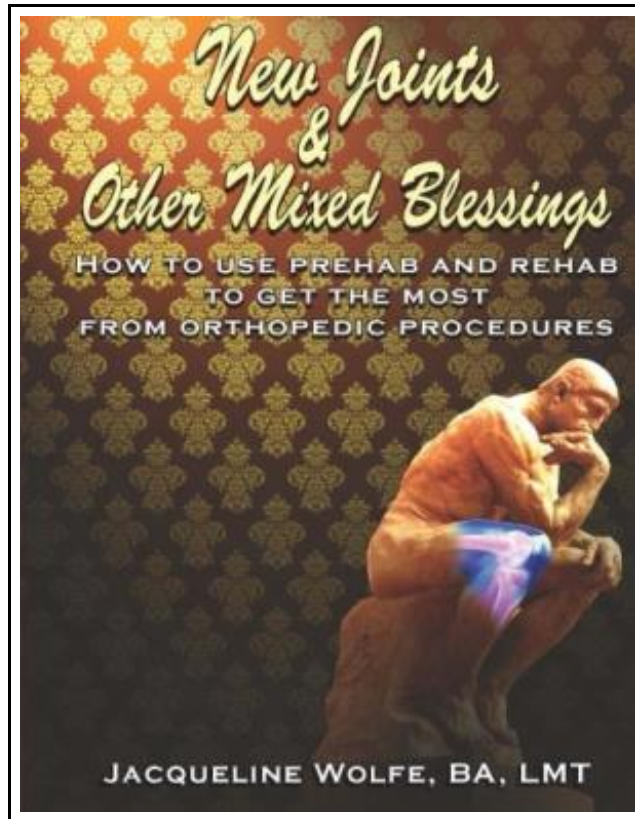


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Reviews

*Great electronic book and valuable one. It really is simplistic but surprises within the fifty percent from the book. Its been printed in an extremely simple way in fact it is merely right after i finished reading this publication by which in fact modified me, change the way i really believe.
(Dr. Bethany Lindgren)*

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Createspace, United States, 2012. Paperback. Book Condition: New. Large Print. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.NEW JOINTS is a must-read for anyone considering joint replacement. Though the illustrated exercises focus on knees and hips, the information directly relates to preparing for any orthopedic surgery. Written in a non-technical, approachable format, this manual addresses subjects that are applicable not only to those considering surgery, but to anyone who wants to learn how to better move in their own body. Chapters include: how to personalize exercises; the importance of setting goals and how to do so; understanding pain; balance and proprioception; self image; developing support systems; websites and books to use as additional tools. NEW JOINTS is also an excellent tool for helping readers learn how to communicate their own specific orthopedic issues and needs to doctors and physical therapists. Ms. Wolfe has worked with both groups and individuals as a fitness trainer, as a massage therapist, and has worked with many individuals before and after orthopedic surgeries. Both she and her husband have been through their own injuries and orthopedic surgeries, and NEW JOINTS is informed by her experiences in maintaining their functioning.



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