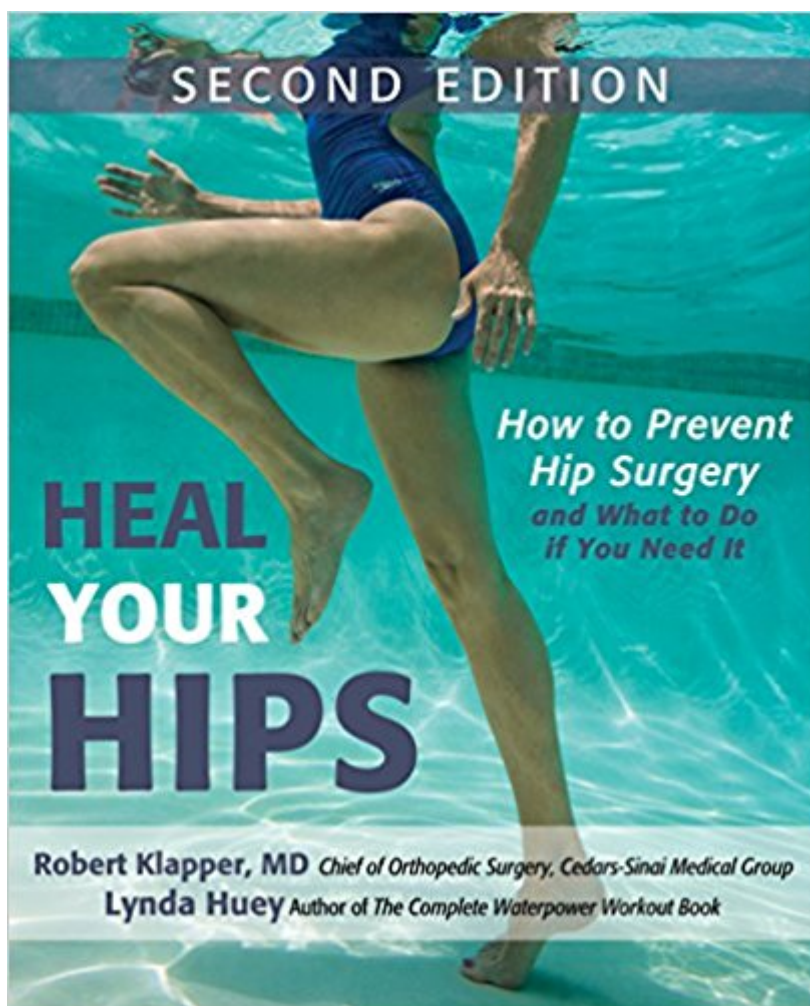


The book was found

Heal Your Hips, Second Edition: How To Prevent Hip Surgery And What To Do If You Need It



Synopsis

The best-selling guide to hip health is now new and improved. When *Heal Your Hips* was first published in 1999, its practical and long-overdue guidance was a revelation for the millions enduring the pain of hip deterioration and injury. This updated edition of *Heal Your Hips* includes even more groundbreaking content. Fundamental concepts from the original are still included, such as innovative preventative and rehabilitative measures and step-by-step exercises with instructional images. The up-to-date version now includes many breakthroughs in the orthopedic field including the author's own KlapperVision®—using common household objects to explain intricate anatomical structures in a way accessible to anyone. The result is the same: *Heal Your Hips* is still the only comprehensive hip health guide you will ever need.

Book Information

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Customer Reviews

A new and revised edition of the go-to guide for hip health and healing from joint experts Dr. Robert Klapper and Lynda Huey.

Lynda Huey, is the author of *The Complete Waterpower Workout Book*. She and Dr. Klapper have also written *Heal Your Knees: How to Prevent Knee Surgery & What to Do If You Need It*. She is the President of CompletePT Pool & Land Physical Therapy in West Los Angeles, which is the most advanced aquatic therapy center in Southern California and has treated over 20,000 patients. Her pool program is used by many people world-wide. Robert Klapper, MD, is Chief of Orthopedic

Surgery at Cedars-Sinai Medical Group in Los Angeles. He has performed surgery on over twelve thousand people, but tries to keep all of them out of the operating room by first having them try conservative treatments such as pool therapy. He has written articles for Clinical Orthopedics and Related Research and the American Journal of Sports Medicine. He is the host of ESPN radio's "Weekend Warrior" and the sports medicine expert on Fox Sports 1 TV.

Nice exercises but there is way too much med-speak. I have a PhD and still was overwhelmed with some of the info. Skip the info and go straight to the exercises. Well described and easy to follow. I wrote them up on the computer and then used a "seal-a-meal" to make it waterproof for the pool.

I bought this book because I had a copy of "heal your knees", and thought I'd give this one a try. I had pulled something in aquasize class, and after reading through this, and starting his regime of land exercises, (I can only get to the pool once a week so his water exercises wouldn't work), I definitely feel like this has made a difference in the health of my hip after one week of doing his exercises on a daily basis. For me this worked, so I think it's worth recommending it to somebody else.

Lots of good info. I've been using Linda's previous Waterpower workout book almost every day and it has helped tremendously with my hip pain. I hope the info in this book will help me get the final issues taken care of.

This Second Edition is much better than the first book..... I am glad I bought it.

HIGHLY RECOMMEND! I was at my wit's end with a hip stress fracture, moderate arthritis, bone spurs and LOTS of non-stop pain, felt depressed and hopeless...after 6 months of 24 hour pain the MRI revealed my issues and the surgeon pressed me to go for a hip replacement saying "well, you're going to need one anyway - SOMEDAY"....I decided against it and explored my options including this book - the book is excellent in terms of describing hip mechanics, what can go wrong, and how to make it right - I identified with it 100%. I have been a pool member for years so water access was easy for me....After a couple of months I am finally seeing results, feeling my hip free up, starting to get my gait back, starting to feel life and health come back...it's a process, but so is recovering from hip surgery! SO GLAD I FOUND THIS BOOK - GO FOR IT! YOU WON'T REGRET IT!.....

Great book! Being a 56 yr. old woman with a problem hip, I purchased this book based on so many good reviews & it did not disappoint! The exercises, both in & out of water, are just what I needed. The book is an easy read - give basic hip anatomy, discusses injuries & treatments, & I especially love that the co-author, Linda Huey, is an accomplished athlete, educator & author on the subject - she uses her own experiences to help others! Another reviewer suggested using laminated copies of exercises to take to the pool, & that has been very helpful. Due to pain causing reluctance to exercise, my hips have become weak, & after only a few weeks of these exercises I can tell that my hip strength & flexibility is improving. My 84 yr. old, dad borrowed this book before hip replacement surgery & he raved over all the good information he gleaned from this book regarding what to expect before, during & after surgery! This excellent book is an invaluable resource for healing ailing hips & hopefully, avoiding hip surgery!

Dr. Robert Klapper is a saint . He would rather you heal with super evolved therapies than make a living of doing surgery on you .EVERY time my hip flares up I bust out this book and get moving again . Sometimes it takes a few days , sometimes it takes a few weeks . However long it takes it is admirable for this incredible doctor to share such productive therapies .I am currently sending one to my cousin's home as he too has hip issues from athletics . I felt I owed it to the incomparable Dr. Klapper to say THANKS !! As I buy my third copy now .I APPRECIATE the book , the care , and the complete selfLESSness of it all , Doctor !!

I was hoping to get more understanding about my hip pain with this book, but what I got out of it is basically what I already knew: strengthen the muscles of the hips through exercise, do not gain weight and do not become sedentary. If exercise hurts your hips, ignore the pain and keep going. And there is nothing else that can be done for you. Perhaps that's why I was disappointed.

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