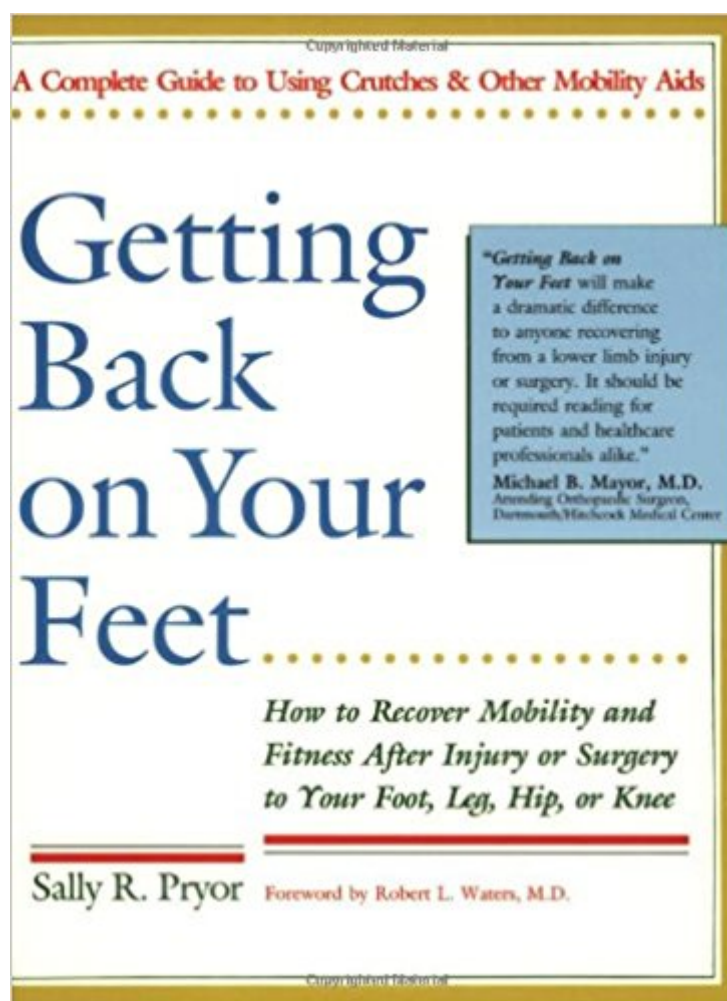




The book was found

# Getting Back On Your Feet: How To Recover Mobility And Fitness After Injury Or Surgery To Your Foot, Leg, Hip, Or Knee



## Synopsis

Injury? Operation? Arthritis? Unique guide (and perfect gift) picks up where doctor or therapist leaves off, showing young and old how to stay independent, work, exercise, travel, have fun and cope emotionally with lifestyle disruptions such as Knee Reconstruction, Broken Leg, Joint Replacement, Diabetic Amputation, Foot Surgery, Multiple Sclerosis, Back Problems or Cancer. How to manage home, workplace, childcare, travel, wheelchair, crutches and other mobility aids.

## Book Information

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## Customer Reviews

This thorough and practical guide offers the kind of advice on using crutches, walkers, and other mobility aids that doctors, physical therapists, or other health professionals might not but should have given patients. Covering the wide range of injuries from simple strains to severe disabilities, it provides a variety of tips on how to cope with stairs, how to manage in the kitchen, how to sit down and stand up, etc. There are also physical and mental exercises, a discussion of all forms of rehabilitation, and hints to helpful families and friends on what not to do or say. The illustrations, appendixes, and index weren't seen, but the resource list alone is valuable. This accurate and informative book will be in demand and is, therefore, a wise purchase for any library. --Edward R. Pinckney, M.D., Beverly Hills, Cal. Copyright 1991 Reed Business Information, Inc.

Comprehensive and practical approach to the problems of those in wheelchairs and on crutches. To the reader it imparts warmth, motivation, encouragement, and understanding in a fashion that is

quite rare in medical literature. -- Howard A. Rusk, President of the World Rehabilitation Fund, Inc.

Much of the book is dedicated to getting around on crutches. Under "Fitting of Crutches" Pryor states "All too frequently crutches are fitted improperly - generally too long - even by trained personnel." This is exactly what happened to me. I was nearly falling off the crutches every "swing-through" step. I fitted the crutches per instructions. By the next day I had the swing-through step down. By the next week I was successfully practising "non-weight bearing" stair climbing. This made a huge difference to me as my bedroom is on the second floor and the kitchen and living room are on the bottom floor. The detail of the book is wonderful for doing things the first (few) times. Keep re-reading. All that detail makes perfect sense when you are learning. Some of the hints are counter-intuitive and this saves you the trouble of doing it wrong or getting discouraged and giving up. I really wish the hospital had given me this book.

shipped quickly and product received in good condition. This book provided all of the information I needed to rehab myself after ankle surgery. I did not require a physical therapist, because all of the answers are here.

I had foot surgery to where I was non weight bearing for 3 months. This book helped me get through a very difficult time. So many questions were answered in this book. Even things I never thought of were explained in detail to make my recovery a success. It's a shame this book is no longer in print because I could find nothing else out there like this book. I thank the person who passed it on to a person in need.

I agree, every orthopaedic patient should leave the hospital with this book! My only wish is that I'd had it sooner after discharge. Helps with topics other titles just don't cover, like flying while disabled, etc.

After surgery for a badly broken leg and a week in the hospital, I was discharged and went home. Trying to learn to use crutches on my own and understanding the practical details of getting around occupied much of my time. This book is so practical, well written and clearly illustrated that it should be provided by all hospitals in the US to all orthopedic patients several days before hospital discharge, or at the first visit to an outpatient clinic. Why this book is not a "standard issue" item for all patients is a mystery to me. The book is absolutely excellent!

I've bought this and other books regarding knee rehab etc. and found this one is great if you want to find out how to maximise the use of crutches after your surgery. There is very little information on what you need to do for rehab. If you're looking for a book to help you get about on crutches after surgery, it covers every thing from climbing stairs to driving!, try this one.

This book actually delivers on what it promises: extremely practical and helpful advice for post surgery or injury. Things you never even think of are presented in a clear and well thought out manner. Do yourself a favor and get it BEFORE you go to the hospital.

Very very practical ... tells you tips and tricks you would never think of. It is a book you don't think you need until you read it!! Give it to anyone you know who is facing knee, hip, foot surgery ... they will be forever grateful!

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Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1)  
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)  
Tight Hip Flexors: The 7 Minute Tight Hip Solution: Simple and Effective Movements That Quickly Release Tight Hip Flexors And Reduce Hip Pain (Hip replacement ... mobility exercises, hip flexor exercises)  
Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners)  
Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)  
Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology)  
8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot  
Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury  
Restless Leg: The Ultimate Guide to Eliminating Restless Legs Syndrome and Getting a Good Night's Sleep (Restless Leg Syndrome Treatment Book 1)  
The Knee Crisis Handbook: A Understanding Pain, Preventing Trauma, Recovering from Knee Injury, and Building Healthy Knees for Life  
Fixing You: Hip & Knee Pain:

Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) The Leg Kick: Your Ultimate Guide to Using The Leg Kick for Mixed Martial Arts The Runners' Repair Manual: A Complete Program for Diagnosing and Treating Your Foot, Leg and Back Problems MannÃÂâs Surgery of the Foot and Ankle, 2-Volume Set: Expert Consult: Online and Print, 9e (Coughlin, Surgery of the Foot and Ankle 2v Set) Surgery of the Foot and Ankle: 2-Volume Set, 8e (Coughlin, Surgery of the Foot and Ankle 2v Set) Leg over Leg: Volumes One and Two (Library of Arabic Literature)

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