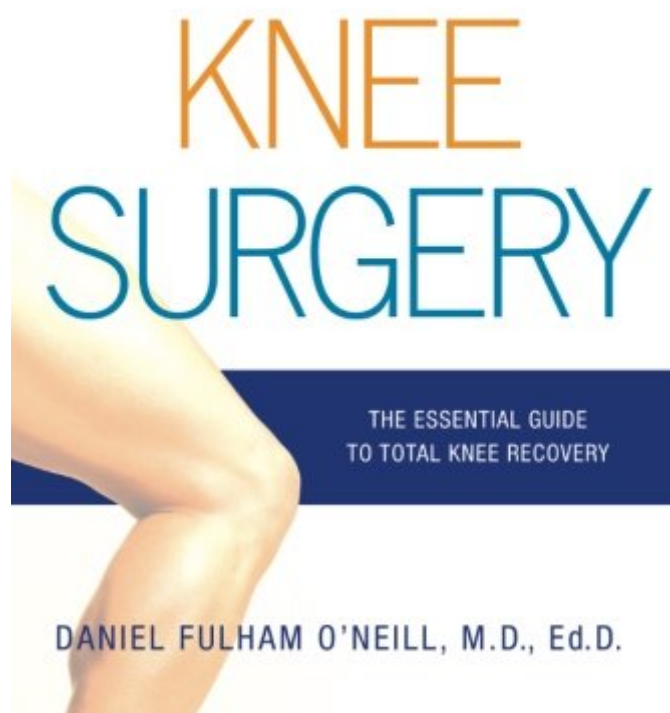


# Knee Surgery: The Essential Guide to Total Knee Recovery PDF

- ✓ How to Prepare—Physically and Mentally—for Your Knee Surgery
- ✓ The 10 Essential Exercises You Need to Perform Immediately Following Surgery
- ✓ Personalized Workouts to Help You Return to Your Everyday Routine



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Knee Surgery: The Essential Guide to Total Knee Recovery by Daniel Fulham O'Neill ISBN 0312362935

Millions of people have knee surgery each year, and in the years to come millions more will head to the O.R. Chances are, you or someone you know has had or will undergo knee surgery. Busy doctors, therapists, and athletic trainers have limited time to spend on quality physical and mental rehabilitation education, yet this is the key to full recovery.

Written by renowned knee surgeon and Sport Psychologist Daniel F. O'Neill, M.D., Ed.D., this comprehensive and accessible guide presents what you'll want and need the most after knee surgery: a scientifically-based recovery program you can understand that will get you back to work

and sports as quickly as possible.

In this age of same-day surgery and do-it-yourself health, KNEE SURGERY presents an easy-to-do, well-illustrated program of movement for knee rehabilitation - with a special focus on the mind/body connection - and describes the physical and mental rehabilitation process in complete detail, providing all the guidance you need to decrease pain and increase fitness after knee surgery.

## **Knee Surgery: The Essential Guide to Total Knee Recovery Review**

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