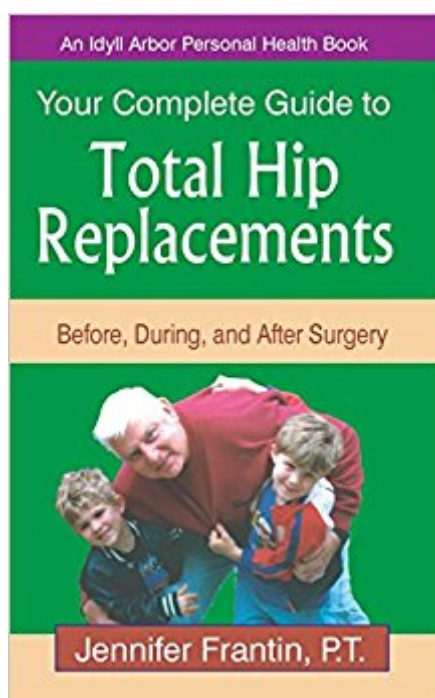


The book was found

# Your Complete Guide To Total Hip Replacements: Before, During, And After Surgery (An Idyll Arbor Personal Health Book)



## Synopsis

Total hip replacements have helped millions of people lead more productive, more active lives. This book talks about how you can take control of the process to be sure you too have a successful hip replacement. Accurate information combined with checklists, questions, and helpful hints will help you find the right doctor, plan the best time for your surgery, deal with your insurance company and the hospital, prepare your home, have your surgery, and get through the recovery period successfully.

## Book Information

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Average Customer Review: 4.1 out of 5 stars 9 customer reviews

Best Sellers Rank: #475,522 in Books (See Top 100 in Books) #174 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments](#) #182 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

## Customer Reviews

In her 16 years as a physical therapist Jennifer Frantin, P.T. has worked with hundreds of people who have had total hip replacement surgery. She lives in Northern New Jersey with her husband and two sons where she continues to educate both adults and children on health related topics.

I would recommend this book. I purchased it to read, and then pass along to my mother who is having hip surgery next month. The book is easy to read, understandable and presents the concepts very well. I particularly liked the sections on post-surgery movement restrictions, physical therapy, improvements to your home that are recommended after surgery and the description of the surgery itself. It is not an in-depth book by any means, but it really does the job of presenting the information for the average reader. An example: the book explains the term "abduction" as it relates to hip and leg movement. A non-medical professional may not know what this relevant term means,

but after reading this book they will. It is not medical textbook-ish at all. The author is a physical therapist, and their expertise shines through.

A must have for those getting surgery. It helped me to ask additional questions and explained what would happen. Hints for recovery were very useful.

Gave basic information but quite outdated.

A thoroughly informative guidebook for those considering or are who scheduled for upcoming hip replacement!

good information

this book explained what I have to do to prepare for my hip replacement, also the things I need to do before.

I bought 4 books on hip replacement and most contain very dated material. The hip replacement surgery has advanced radically in the last few years. The surgical techniques have changed drastically during the last few years. I was not really impressed by any of the 4 books. You can find more current information on the internet and also a number of medical center surgery videos are available on line at no cost.

Jennifer Frantin, a physical therapist of 16 years' experience, presents *Your Complete Guide to Total Hip Replacements*, a pocket-sized, in-depth guide to taking control of the medical process to ensure a successful hip replacement and adaptation. Chapters discuss how to prepare for surgery, including choosing the right doctor and hospital, and dealing with one's insurance company; exercise and recovery after the surgery; home care; outpatient physical therapy; and much more. Black-and-white photographs clearly illustrate such issues as the importance of not bending one's hip past 90 degrees during the recovery period, even when sitting up in bed, and how to turn properly when using a walker. A glossary and index round out this compact yet information-filled guide, highly recommended and a "must-have" for anyone contemplating or recovering from total hip replacement.

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Your Complete Guide To Total Hip Replacements: Before, During, And After Surgery (An Idyll Arbor Personal Health Book) 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) Hip Replacement Using The Birmingham Hip Resurfacing Procedure: My Experiences Before, During and After 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) Disaster Preparedness Made Simple: A comprehensive and informative guide to help you, your family and your business create a complete emergency plan ... before, during and after natural disasters. The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery) (Volume 4) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery 4) Weight Loss Surgery Cookbook: RECOVERY Bundle - 2 Manuscripts in 1 - a total of 90+ Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein recipes for all stages of recovery After Weight Loss Surgery Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) Hip Hop Rhyming Dictionary: The Extensive Hip Hop & Rap Rhyming Dictionary for Rappers, Mcs, Poets, Slam Artist and lyricists: Hip Hop & Rap Rhyming Dictionary And General Rhyming Dictionary Adult Hip Disease and Total Hip Replacement (Clinical Symposia) Volume 39, Number 5 Getting Hip: Recovery From A Total Hip Replacement Tight Hip Flexors: Relieve The Pain of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips) Hip Hop: A Short History (Hip Hop) (Hip Hop (Mason Crest Paperback)) Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery Your Breakup - Your Blessing. Breakup Self-Help: How to Live Before, During and After Divorce - Legal and Financial Advices Getting Back on Your Feet: How to Recover Mobility and Fitness After Injury or Surgery to Your Foot, Leg, Hip, or Knee The Study Abroad Truth (From the Students: What You Need to Know Before, During, and After Your Journey! Book 2)

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