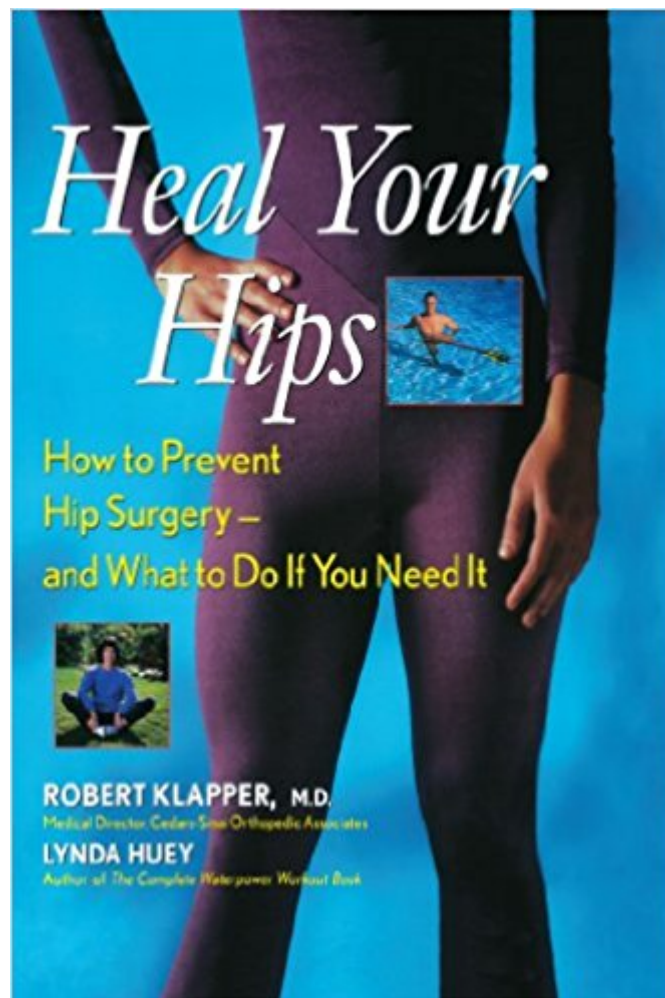




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# Heal Your Hips: How To Prevent Hip Surgery -- And What To Do If You Need It



## Synopsis

The first comprehensive guide to hip health Avoid injury, prevent deterioration, work out in water and on land, and understand the entire range of surgical options Once considered a natural consequence of aging, hip disorders can be reduced or eliminated altogether by innovative exercise regimens. Heal Your Hips explores an unprecedented range of preventive options you can take today to avoid hip injury and improve your hip health--including wonderful water and land exercises and intensive stretching. Numerous illustrations help you understand the structure and function of your hips, and dozens of photographs clearly demonstrate how to do the exercises. If indeed hip surgery is in your future, Heal Your Hips provides vital new information on several little-known, minimally invasive forms of surgery as well as straightforward coverage of traditional ""replacement"" surgery. You'll learn what to expect with hip surgery--from preparing for the procedure to the day of the operation to returning home and recovering with physical therapy. The practical and long-overdue guidance in Heal Your Hips will be a revelation for the millions enduring the pain of hip deterioration and injury. Whether you or your loved ones are considering hip surgery or have yet to seek medical help, turn first to the indispensable expertise in this optimistic and accessible resource.

## Book Information

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## Customer Reviews

Orthopedic surgeon Robert Klapper, M.D., loves to operate, but he'd rather help you avoid hip surgery. Klapper, Medical Director of Cedars-Sinai Orthopedic Associates, has teamed up with

Lynda Huey, who specializes in water rehabilitation and training programs with clients such as Wilt Chamberlain. In *Heal Your Hips*, they present a self-help program for pain relief. The first program consists of 13 illustrated exercises, one minute apiece. Eight are done in the pool; the others in a carpeted room. Next, the authors cover healthy and unhealthy hips in a clear and spirited style (e.g., healthy hips work like two ice cubes rubbing together--slippery, with no friction); the main causes of hip problems; and medical tests. You learn how to take an active role in getting the right diagnosis, what to do for less pain, and how to get started with pool exercise. Then the book presents both deep-water and shallow-water aquatic therapy exercises to avoid or recuperate from hip surgery, and stretches to do on land. If you have had hip surgery or you want to avoid it, this book will be a valuable guide. The book is clearly illustrated with photographs. --Joan Price

The first comprehensive guide to hip health Avoid injury, prevent deterioration, work out in water and on land, and understand the entire range of surgical options Once considered a natural consequence of aging, hip disorders can be reduced or eliminated altogether by innovative exercise regimens. *Heal Your Hips* explores an unprecedented range of preventive options you can take today to avoid hip injury and improve your hip health—including wonderful water and land exercises and intensive stretching. Numerous illustrations help you understand the structure and function of your hips, and dozens of photographs clearly demonstrate how to do the exercises. If indeed hip surgery is in your future, *Heal Your Hips* provides vital new information on several little-known, minimally invasive forms of surgery as well as straightforward coverage of traditional "replacement" surgery. You'll learn what to expect with hip surgery—from preparing for the procedure to the day of the operation to returning home and recovering with physical therapy. The practical and long-overdue guidance in *Heal Your Hips* will be a revelation for the millions enduring the pain of hip deterioration and injury. Whether you or your loved ones are considering hip surgery or have yet to seek medical help, turn first to the indispensable expertise in this optimistic and accessible resource.

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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