

"An excellent introduction to hip and knee replacements suitable for all... Highly recommended!"
—AARON G. ROSENBERG, MD, professor of surgery, Rush Medical College

An Insider's Guide to Orthopedic Surgery

*A Physical Therapist
Shares the Keys to a
Better Recovery*

ELIZABETH KAUFMANN

With a Foreword by Jared Foran, MD,
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Elizabeth Kaufmann

An Insider's Guide to Orthopedic Surgery: A Physical Therapist Shares the Keys to a Better Recovery



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Almost two million Americans undergo elective orthopedic surgery each year. It is the only book that may help you prepare yourself (and your house) for a quicker and even more thorough recovery. and find out the advantages of home therapy, subacute rehab, and outpatient therapy. And the quantities keep growing?hip replacements are projected to double on the following fifteen years and knee replacements will quadruple. When you have been suffering from chronic pain in the shoulder, knee, or hip, joint alternative can offer another possibility at restoring the life span you wish. You'll get detailed, useful instruction on: Preparing your home for the equipment you'll want upon return Understanding exactly what will happen at every stage of your medical center stay, from arrival through medical procedures to release (which will be sooner than you anticipate) Getting the best care from therapists and additional hospital and rehab staff members Dealing with pain throughout the healing process Building a support network to greatly help provide care during recovery You'll also learn the difference between a physical therapist and an occupational therapist; be ready for that first session; When you are ready for your procedure, you'll want a copy of An Insider's Guide to Orthopedic Surgery at your aspect. As a physical therapist who provides spent a lot more than seventeen years helping individuals through recovery, author Elizabeth Kaufmann discusses the things that your surgeon received't cover. An Insider's Guidebook to Orthopedic Surgery can help you incomparable it.



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A must have for everyone considering surgery Elizabeth Kaufmann offers a comprehensive guide that should be a must browse for anybody considering orthopedic surgery. Her publication covers all the important phases: choosing a health care provider, surgery prep, post surgery, home treatment must knows, rehabilitation information and physical therapy ideas. One-stop shopping for "how exactly to surgery" As a physical therapist in addition to a girl of parents undergoing joint replacements, this publication is hugely helpful. This book contains all you should know in advance, but your doctor won't take the time to explain. We thought this book was extremely helpful with my ankle surgery treatment and it must be passed out by every doctor's workplace to every person considering, and making a decision to have a replacement surgery. After reading this reserve you know exactly what to expect, stuff that may happen and how to approach them. The fact that it really is written from a physical therapist's perspective is helpful, since it approaches surgical treatment from a very practical point of view and covers areas a doctor may not think about discussing with their patients in the original interviews. Read this 1st. Having suffered for a long time after surgery on a herniated disc, I particularly appreciated the reference to the spine-wellness. Elizabeth Kaufmann manages to provide levity to the frequently scary and unknown procedure for joint replacements, while also providing helpful and real ideas. Both informative and easy to read I would suggest this book to individuals and healthcare professionals good scope of discussion good scope of discussion. Supplied an important complement to the medical team that was doing my hip substitution. gave me good questions to ask the physician. Getting the Right Therapy The book also contains information on related surgeries as well. Elizabeth Kaufmann makes it clear a successful medical procedures is usually multi faceted with a complete team effort. com videos on the importance of exercise to rehabilitation. I heartily recommend this reserve for all those considering joint replacement medical procedures. Bravo! ~ Tim Kloth, BM, MM, DMA A Must Have For Knee or Hip Replacement I found this book to be an incredibly useful and thorough information. There is a definitive need for this type book and I will certainly end up being recommending it to some of my patients who elect to possess a knee or hip alternative. I recommend this book I've had several serious and complicated orthopedic surgeries, including knee operation. It guides you through the entire procedure, from the preoperative period all the way past recovery. The task is a rather daunting 'adventure' in anatomical carpentry and medical manipulation, and it could be problematic for the prospective affected person to come to grips with ensuing scenario. A must-read for any one who is taking into consideration such a surgery--or who may have a relative or friend facing this decision. Best recovery entails the right mindset and expectations This book sets the right expectations for anybody contemplating a significant orthopedic surgery. It'll be a great tool to future patients and families of future patients! It could have ready me for a better experience and faster recovery. The best way to overcome fears and ensure the very best results for those considering joint replacements Veteran physical therapist and journalist Elizabeth Kaufmann offers a great service to anyone considering a joint replacement. In case you are facing orthopedic medical procedures, read this first. Here in a readable book is the full scope of everything a potential patient needs: authoritative advice on how to select the best surgeon, what things to expect in the hospital, how to deal with pain medicines, and what's needed for a great recovery at home. It's a boon for those of us looking to navigate this hard trip when joint pain results in a replacement. Planning for orthopedic surgery? With Americans having a lot more than 2 million such surgeries yearly--including total knee and hip replacements, shoulder, ankle, and spine surgeries--this is a timely and much-needed resource, especially within an era when changes in health care necessitate that individuals and their families become their very

own strongest advocates. This is actually the best investment you'll lead to a better recovery. This is essential read before joint replacement surgery Because the recipient of three individual joint replacements, I have experience from a patient perspective. I recommend this book. That's where this book is indeed precious - - it's a concise and comforting instruction that leads you through the entire 'adventure', and prepares you for understanding what, why, and how your surgery and recovery will be successful and more stress-free. These details enhances and works with my current circular of physical therapy. Excellent Guide--What to anticipate & Approaches for Recovery Wonderful guide for anybody contemplating main orthopedic surgery or someone who has only had surgery. Excellent details on what things to expect and tips about how to deal with the recovery process. Perfectly written and easy to read. A great resource! She doesn't leave any question unanswered and illustrates important information with practical illustrations from her very long time profession as physical therapist. Greatest recovery entails the right mindset and anticipations, pre-surgical prep, an excellent doctor with post operative administration and a well guided rehab plan. I wish I would have been able to provide this to my mom before her hip alternative to reduce her anxiety. I wish I had read this reserve before my knee replacemnent. Great publication! It's a boon for all those of us ... Great book! Drawing upon her a long time of experience--and citing compelling examples--the author walks visitors through the frequently daunting knowledge with the steady hands and attention of a compassionate advocate. This book could have helped me to navigate through the uncertainties also to understand the significance of physical therapy. Unlike a few of the stuff you find on the web, this book is written in very clear vocabulary that encourages us to have a more active part in our health care decisions.



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