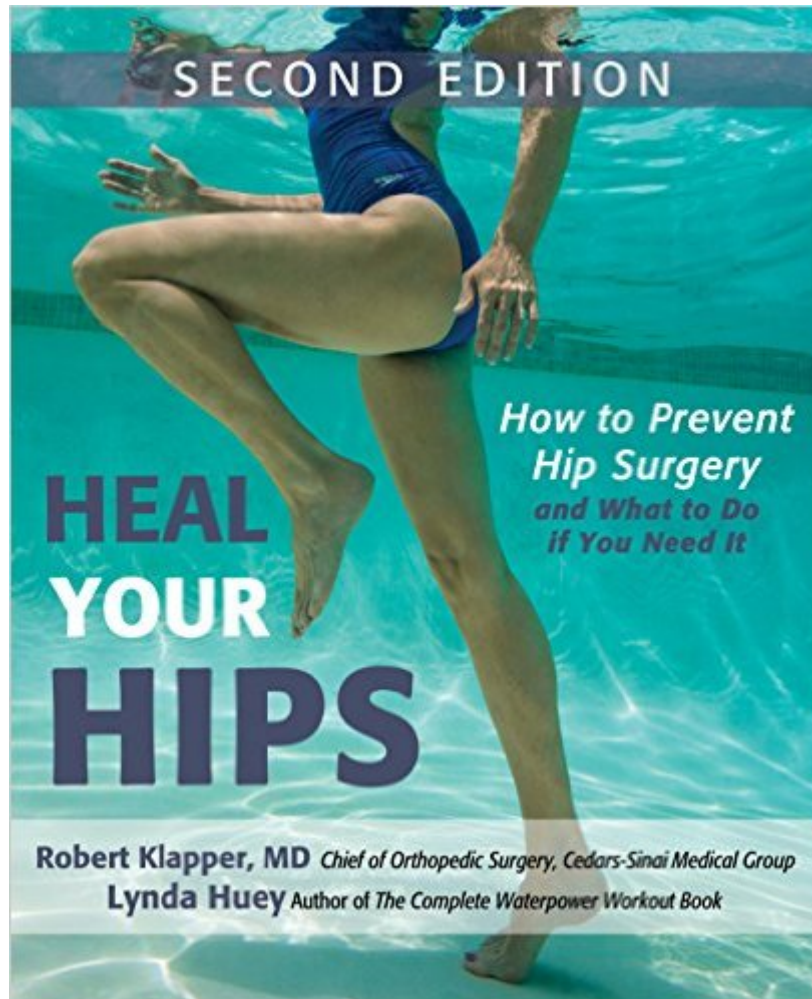


The book was found

Heal Your Hips, Second Edition: How To Prevent Hip Surgery And What To Do If You Need It



Synopsis

The best-selling guide to hip health is now new and improved. When *Heal Your Hips* was first published in 1999, its practical and long-overdue guidance was a revelation for the millions enduring the pain of hip deterioration and injury. This updated edition of *Heal Your Hips* includes even more groundbreaking content. Fundamental concepts from the original are still included, such as innovative preventative and rehabilitative measures and step-by-step exercises with instructional images. The up-to-date version now includes many breakthroughs in the orthopedic field including the author's own KlapperVision®—using common household objects to explain intricate anatomical structures in a way accessible to anyone. The result is the same: *Heal Your Hips* is still the only comprehensive hip health guide you will ever need.

Book Information

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Product Dimensions: 7.4 x 1 x 9.2 inches

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Average Customer Review: 4.8 out of 5 stars— See all reviews— (24 customer reviews)

Best Sellers Rank: #43,421 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #11 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #16 in Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation

Customer Reviews

Delightful to read, easy to understand. The authors are tops in their professions, offering very helpful insight into keeping and improving your range of motion and strength. Easy-to-understand analogies and illustrations allow you to "see" how your hip functions.

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.

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.

Beautifully shot and illustrated pool program with Best selling author & fitness expert LaReine Chabut. Dr. Klapper and Lynda Huey have expanded their pool program for this second edition and added many new exercises to make this a double winner. Great for anyone wanting to avoid surgery or needing rehabilitation after hip surgery!

Hoping to avoid hip surgery as I age by keeping as mobile and flexible as I can. Perfect book to help you do that. Detailed instructions for water and land exercises with great illustrations throughout. Easy to read and crammed full of good information. Love this book!

Really glad I got the book. Full of info. It's handy to have, its important to understand your body before you have a problem. I truly recommend this to anyone at any age. Dr. Klapper and Lynda Huey are great authors.

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!

The book is good. I then met with Dr. Klapper. What a huge over rated ego!! I then chose to go to a different Doctor here in Los Angeles. Don't waste your time going to him. I would not trust him to care about the outcome of my surgery.

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