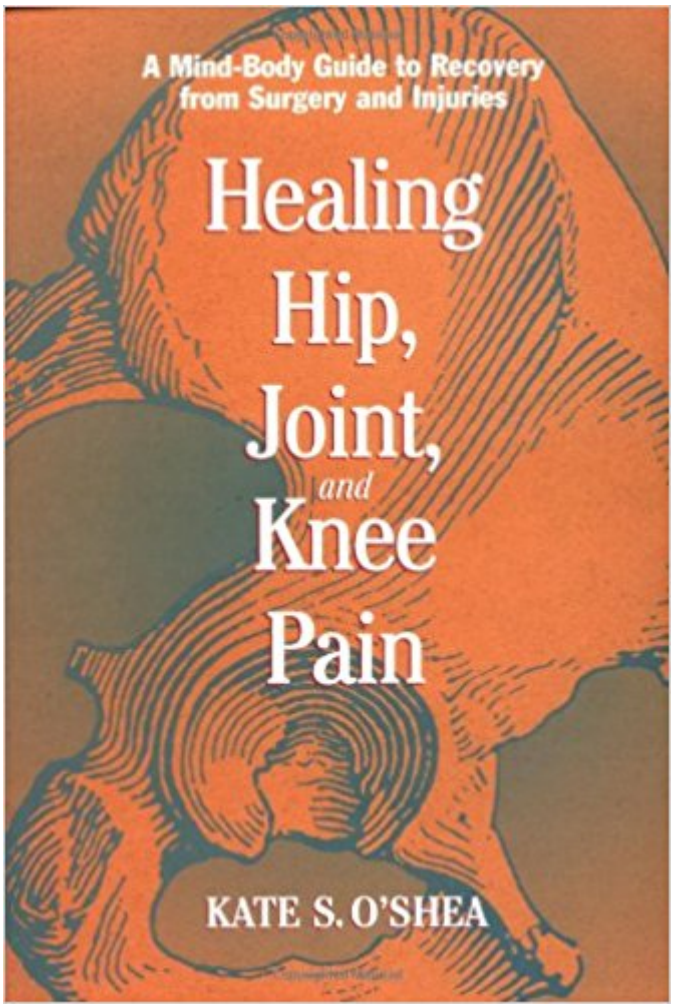
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Healing Hip, Joint, And Knee Pain: A Mind-Body Guide To Recovery From Surgery And Injuries



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Synopsis

Studies show that patients who contribute to their own treatment and recovery fare better in rehabilitation.Tailoring the concept for those suffering from joint pain, orthopedic psychologist Kate O’Shea draws from her patients and her own congenital hip orblems (she has four major surgeries by the time she was thirteen) to describe a program for caring for the emotional and physical body while healing joint pain or after surgery. Conventional medical care, thouch technologically sophisticated, often ignores the humanity of individuals--patients are on their own once they are home. Healing Hip, Joint and Knee Pain offers exercises, breathing techniques, visualization and writing suggestions for becoming aware emotionally and for enhancing awareness of the healing joint. Drawing from Rosen work, Feldenkrais, Eutony, and orthopedic psychologym O’Shea provides the reader with inviting methods to hasten healing.

Book Information

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Customer Reviews

"How carelessly and often roughly we use our bodies, for the most part--and how lacking we are in understanding what they are trying to tell us. Healing Hip, Joint and Knee Pain fills the gap so often left by a purely anatomical or surgical approach."- Oliver Sacks, M.D."Healing Hip, Joint and Knee Pain is a gem of a book. It guides individuals in making changes in their lives that contribute to their whole being. The experiential illustrated exercises help the reader learn new skills to promote self-healing."- Barbara Dossey, RB, MS, FAAN"Discussing ’moving back into your body’ after surgery, coping with damage to your physical self, and trusting your emotional and physical

structure, Kate O’Shea helps you to become a more active participant in your health--and whole life."- Yoga Journal

Kate S. O’Shea M.A., lives on a houseboat in Sausalito, with her husband, Herb Isenberg, their two dogs, and two cats.

I bought this book hoping to help avoid hip surgery. This is much more a manual for post operative recovery than anything about healing pre-surgery. The book is made wider in scope by doing exactly what the title does. That is, explaining all about post operative recovery and then just adding the words "and injury" to a sentence here and there.

This is a personal & unique book. Kate O’Shea shares her own journey as a backdrop the importance of owning your recovery. The bulk of the book is specific techniques to recover the connection to your body and heighten your awareness of what is going own. A lot of brain research findings that had not come out when she wrote she seems to have anticipated or sensed.

Finally a book worth the time to read and use. Too often, with the ongoing flood of New-Age stratagies for self-help and self-healing, one is inundated by worthless clap-trap. This book is so insightful and thoughtfully written that is easily rises above the din, providing the reader with real options and real-life techniques not only to cope but to heal and flourish. Buy it! Read it! Put it to work and thrive!

Well written and a pleasure to read - the author is incredible !Not only did I heal my hip but I also increase my awareness of the relationship between my emotions and my healing

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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) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Healing Hip, Joint, and Knee Pain: A Mind-Body Guide to Recovery from Surgery and Injuries 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 exericises) Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain,

PFS, AKPS, and other diagnoses Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs 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) How to Permanently Stop Your Knee Pain, Even if youÃ¢â ¬â„¢ve Tried Everything Else!: Get Instant Knee Pain Relief with These Simple Tips Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury The Knee Crisis Handbook:Ã Â Understanding Pain, Preventing Trauma, Recovering from Knee Injury, and Building Healthy Knees for Life Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) 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) Tight Hip Flexors: Relieve The Pain of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips) Healthy Hips Handbook: Exercises for Treating and Preventing Common Hip Joint Injuries TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) 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 Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series)

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