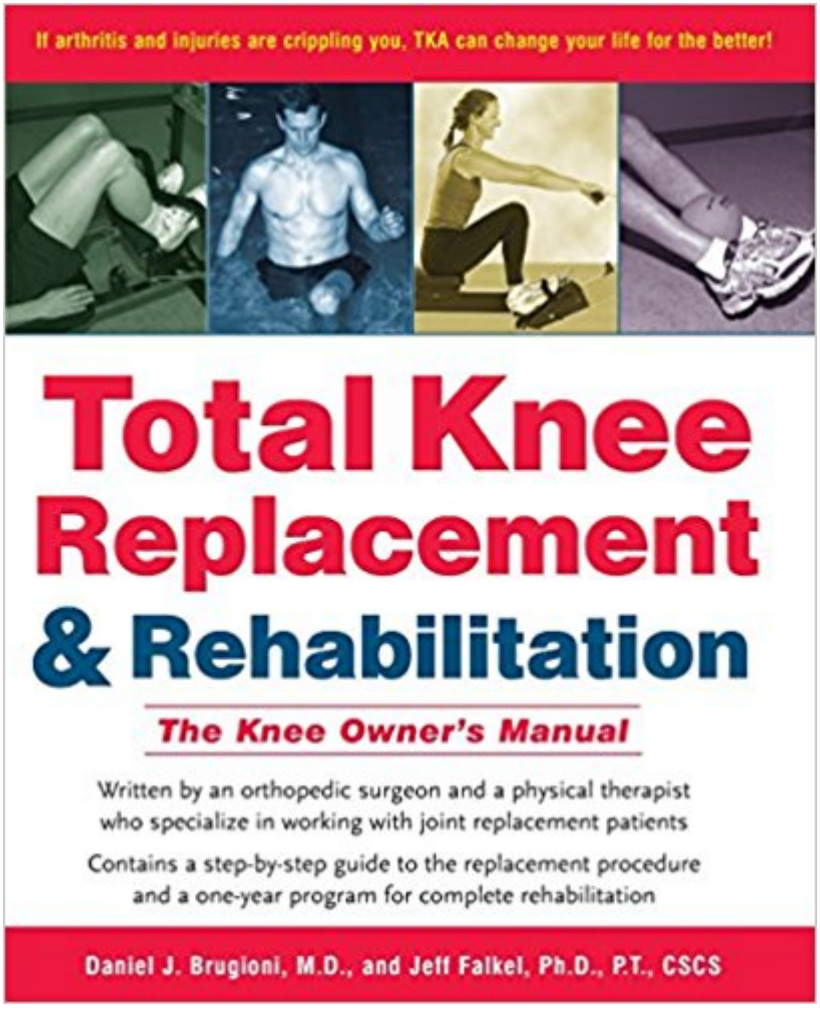
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Total Knee Replacement And Rehabilitation: The Knee Owner's Manual



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Synopsis

While several treatment options exist for knee arthritis patients, end-stage treatment is total knee arthroplasty (TKA or total knee replacement). For patients to achieve maximum benefits of this surgical correction, they need understand and manage many important details both before and in the first year after surgery.This comprehensive guide explains everything from the preoperative decision-making process to the surgery itself, how to prepare your home for post-surgery rehabilitation, and a week by week description of how to rehabilitate yourself following your TKA. The road to recovery is laid out clearly in this book in such detail that there are no surprises. It concentrates extensively on postoperative rehabilitation, which is vital to the success of a TKA, and as important as the surgery itself.This book contains 145 exercises, 190 illustrations and photos, and questions and answers at the end of each chapter. It empowers patients with the knowledge they need to take charge of their own rehabilitation program.

Book Information

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Customer Reviews

"...a comprehensive educational tool for patients who are considering total knee replacement...would benefit anyone researching the surgery." -- Advance for Physical Therapists and PT Assistants (August 15, 2006)"...an excellent description of all aspects of the continuum of care for the patient following TKA…clear and easy-to-understand..." -- Journal of Orthopaedic & Sports Physical Therapy (Vol. 36, No. 3, March 2006)"I highly recommend this book for athletic trainers working in a clinic setting and for patients thinking of undergoing TKA." -- Journal of Athletic

Training (August 2005)"If you or a loved one are considering knee surgery…then give a close and careful reading to [this book]!" -- Library Bookwatch (Sept. 2005)"Prospective patients and their families will find a wealth of practical information on TKA in this reader-friendly reference." -- Physical Therapy, journal of the American Physical Therapy Association (June 2005)

I found this very helpful to prepare for my knee replacement surgery. It helped to explain what to expect and the importance of following the Physical Therapy exercises faithfully. I followed instructions in the book, and am happy to say I have had a wonderful full recovery. This would also be a nice gift for someone before they have their surgery. Very well done, easy to read,not full of medical jargon.

I purchased this book right after having a total knee replacement about 3 years ago. I was home from the hospital 3 days after my surgery and doing very well, but I thought this book might be helpful reference and it was. It answered some of my questions, helped me have patience with the process, and gave me a few suggestions for loosening up my new knee when it felt tight. I just ordered it for a friend and thought I would take time to write a review. It would be great if the authors would update this book and the photos of people doing exercises but I still found it helpful.

Got this book 2 years ago before my knee replacement. A bit outdated as far as the actual surgical procedure, but the exercises were extremely beneficial for preparing my knee for surgery and also for after I had completed my stint of physical therapy. I would HIGHLY recommend this book--the more you can strengthen your knee and thigh muscles before surgery, the more success you will have. I truly believe this. I DID THE PRE SURGURY EXERCISES LYING ON MY BED--UNABLE TO STAND ON "BAD" KNEE. I REALLY BELIEVE THE BEFORE AND AFTER EXERCISES IN THIS BOOK WERE HIGHLY BENEFICIAL TO MY SURGURY BEING AS SUCESSFUL AS IT WAS!! Of course, consult with your doctor about your personal issues, but I found this book to be extremely helpful. Knee surgery and physical therapy was a "BEAR" for me, and painful as it all was, I am glad for the information in this book!

Very helpful book. My strongest recommendation for anyone getting a knee replacement is to GET IN THE BEST SHAPE YOU CAN BEFORE THE SURGERY!!! I worked out hard for several months in the gym and my recovery from the surgery was easy and fast. The hospital required me to use a walker, but when I got home, I didn’t need it at all. Nor did I need a cane. I could drive in 9 days. My

only regret about having both knees replaced (different times) is that I didn't do it earlier.

I wish I had this book prior to my surgery and maybe I would not be experiencing some of the issues I now have. The exercises, the massage for scar tissue, and the chapter on pool therapy have been extremely helpful. I don't think these things have changed since the 2004 publication and the photos may be "outdated" as someone suggested but they get the point across which is all that counts. I have already recommended the book to 2 people I know who have up and coming TKR as I wish I had had it 10 weeks ago and not just stumbled on it's reference recently. It should be a reference given to patient by OS and PT's - and maybe they should read it as well. Having been written by a PT who experienced Bilateral TKR's it's written with knowledge as well as empathy & understanding of the procedure.

Bought this book about seven years ago as a practicing PT myself working with total joint replacements it is always good to get another perspective in the field. It was excellent with good information on what to expect and how to help a patient proceed through the surgery and what to expect with physical rehabilitation.I would highly recommend this book to anyone considering to have a total knee replacement in the near future. The exercises are still the same today as they were when the book was written. Being prepared makes one feel more confident.

Although written several years ago, this book is excellent. I had a TKR at one of the best hospitals in the country. I wish I had thought about looking into a book well before I had to consider surgery. This book is very thorough as to what you can do yourself prior to and after surgery. Even though you will go through physical therapy, the book offers much more detail than you will get from a physical therapist.I highly recommend this book to anyone with knee osteoarthritis.

Excellent resource! It's easy to read, has a very thorough index that makes it easy to look up answers to questions, and has specific guidelines for activity, exercises, and rehabilitation after a total knee replacement. I am a physical therapist myself, and just had 2 total knee replacements--I highly recommend this book!

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