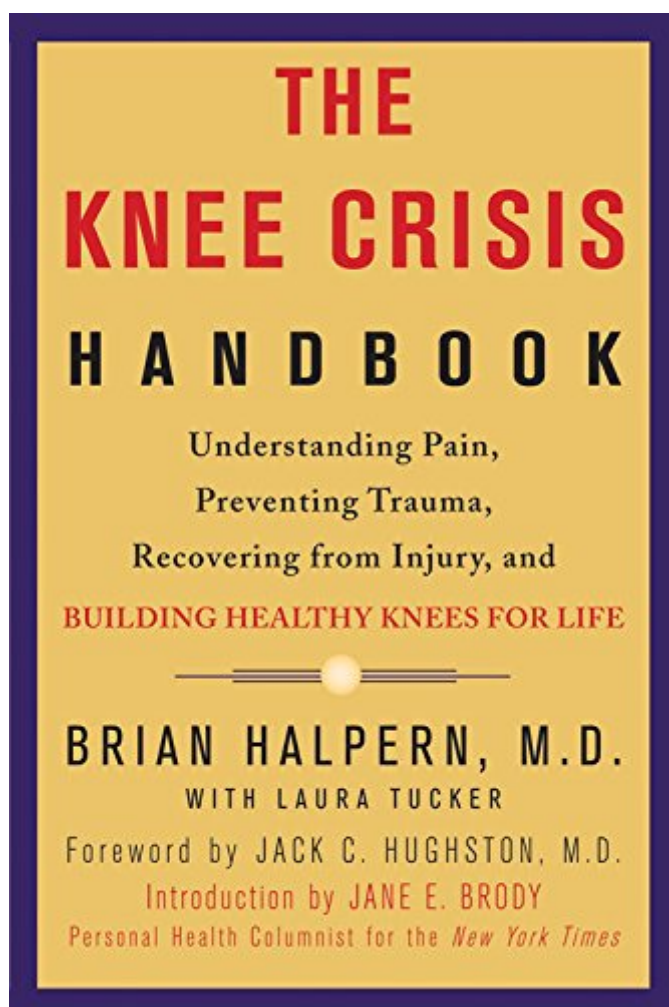


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# The Knee Crisis Handbook: Understanding Pain, Preventing Trauma, Recovering From Knee Injury, And Building Healthy Knees For Life





## Synopsis

Ever sustained a knee injury? Want to prevent one? Whether you're young and actively involved in sports, an enthusiastic weekend warrior, or someone who's simply getting older and whose body is changing, *The Knee Crisis Handbook* by Brian Halpern, M.D. will show you how to take care of your knees. You'll learn what to do if you sustain an injury, how to prevent a repeat injury, and how to help yourself avoid injury in the first place. Inside you'll find:

- Sport-specific knee injury prevention tips
- Advice on caring for your knees when you're young, older, or even pregnant
- What to look for when choosing a physician and physical therapist
- Treatment options, including acupuncture and other complementary medicine therapies
- Medications: what you should and shouldn't take
- What you can expect from surgery and recovery
- How to avoid surgery
- Complete exercise programs

## Book Information

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## Customer Reviews

Wanting a better understanding of my two knee problems, I bought this. Found it full of very good information. Also includes suggestions for knee exercises. Highly recommend.

Ran for 40 yrs and at age 73, had to quit cuz of left knee pain = guess is should have read the book earlier, even tho i had no discomfort all those years. this book was the beginning of my research on how to address the problem of apparently a worn our meniscus. very worthwhile.

everything was great with the condition and delivery to the book. It's generally a pretty good book, but I was hoping for a bit more in-depth medical and physiological assessment (having just completed an MS in Ex Science).

This book gave me a great understanding of the inside of my knee and how it works. The best part for me was the well illustrated rehab exercises to repair an injured knee. It also gave my wife a great tips for preparing for exercise and protecting her knee from injury.

I'm planning on ACL surgery in two weeks and I picked up several books yesterday. This is the most useful of the three. The Chapter on Preparing for Surgery is very good. It provides questions you might want to discuss with the doctor, what to expect and things to do ahead of time to prepare (lay in a stock of your favorite food, duct tape and hefty bags to waterproof . I would never have thought about half of these things, and they make a lot of sense! And there's a section on how to use crutches, which those of us who have been healthy until now have never had to think about. For me, these were worth the price of the book.

I bought this book because I'm doing a paper on knee injuries. I learned a lot from this book, it has a lot of useful information and is easy to understand. Wether you had an injury or you just want to learn about the knee, this book is great.

Excellent for understanding the knee structure, your knee pain, what to do about it; Go to the doctor? Wait a day? I found it very helpful in evaluating the length of time I needed to heal my sprain, whether to go to a specialist and what I could do to strengthen and prevent future injury.

This book is amazing! I've been suffering with knee problems for 30+ years and have seen many specialists, but never have I understood the knee, its mechanics and its problems the way I do now. I have purchased a copy of this book for everyone I know who suffers with bad knees- from sports, injuries, arthritis, etc. Written in enjoyable prose, Halpern explains the way the knee is constructed along with its inherent problems given that we force it to operate in ways it was never designed to

move and that we don't pay enough attention to medial healing. The strength and flexibility-building exercises are superb, and include everything I've ever done in (expensive) physical therapy and more. Everyone! should have this book!

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