



# Heal Your Hips, Second Edition: How to Prevent Hip Surgery and What to Do If You Need It

*Lynda Huey, Robert Klapper*

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The first comprehensive guide to hip health—avoid injury, prevent deterioration, work out in water and on land, and understand the entire range of surgical options.

Once considered a natural consequence of aging, hip disorders can be reduced or eliminated altogether by innovative exercise regimens. *Heal Your Hips* explores an unprecedented range of preventive options you can take today to avoid hip injury and improve your hip health—including wonderful water and land exercises and intensive stretching. Numerous photos help you understand the structure and function of your hips, and dozens of photographs clearly demonstrate how to do the exercises. If indeed hip surgery is in your future, *Heal Your Hips* provides vital new information on several little-known, minimally invasive forms of surgery as well as straightforward coverage of traditional "replacement" surgery. You'll learn what to expect with hip surgery--from preparing for the procedure to the day of the operation to returning home and recovering with physical therapy. The practical and long-overdue guidance in *Heal Your Hips* will be a revelation for the millions enduring the pain of hip deterioration and injury. Whether you or your loved ones are considering hip surgery or have yet to seek medical help, turn first to the indispensable expertise in this optimistic and accessible resource. This new edition will have all new instructional photos throughout the book. New chapters and content offer even more resources for those wanting to strengthen and heal their hips.

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