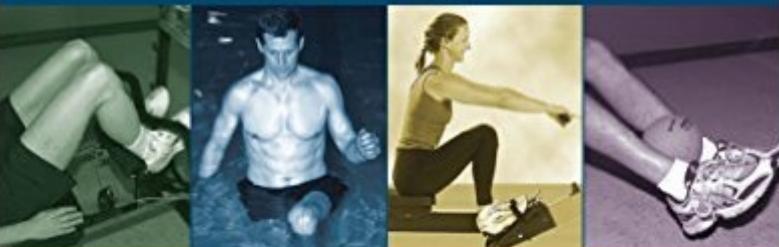


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# Total Knee Replacement And Rehabilitation: The Knee Owner's Manual

If arthritis and injuries are crippling you, TKA can change your life for the better!



# Total Knee Replacement & Rehabilitation

**The Knee Owner's Manual**

Written by an orthopedic surgeon and a physical therapist who specialize in working with joint replacement patients

Contains a step-by-step guide to the replacement procedure and a one-year program for complete rehabilitation

Daniel J. Brugioni, M.D., and Jeff Falkel, Ph.D., P.T., CSCS



## 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

Total Knee Replacement & Rehabilitation is written by a surgeon (Daniel Brugioni) and a physiotherapist (Jeff Falkel), both well-qualified and specialists in this topic. Dr Falkel's own bilateral knee replacement - both knees at the same time - was an eye-opener to him and changed his own approach to managing knee replacement patients. The number of people having total knee replacement is due to massively increase as post-war baby boomers start to hit their sixties, but this is unfortunately occurring at a time when health insurance companies around the world are

tightening up on cost containment. The authors recognise that rehabilitation after total knee replacement is long, and insurance companies already do not fund adequate physiotherapy time. This book was written to support the knee replacement patient with practical advice for a full year after surgery. The first two chapters give an overview of arthritis and current approaches to slowing its progression and improving quality of life. Knee replacement is discussed in some detail - basic design considerations, bilateral knee replacement and how to go about finding a competent surgeon. Question and answer sessions complete each chapter. There is a useful pre-surgery chapter, advising on getting your home ready for your return from hospital and giving useful exercise regimes for building up strength to facilitate the use of crutches or a walker after surgery. What to expect once you arrive at the hospital and on the day of your operation are covered in some detail, but detail of the surgical process itself has been deliberately minimised. Potential complications are, however, covered in an appendix.

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