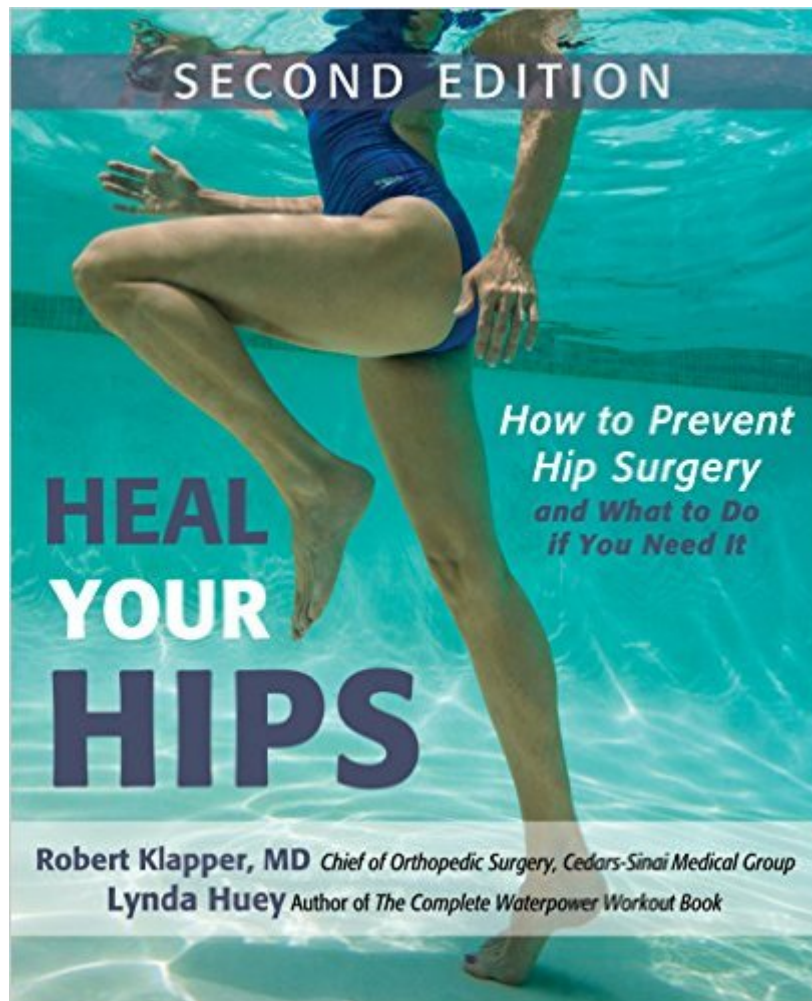


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# Heal Your Hips, Second Edition: How To Prevent Hip Surgery And What To Do If You Need It



## Synopsis

The best-selling guide to hip health is now new and improved. When *Heal Your Hips* was first published in 1999, its practical and long-overdue guidance was a revelation for the millions enduring the pain of hip deterioration and injury. This updated edition of *Heal Your Hips* includes even more groundbreaking content. Fundamental concepts from the original are still included, such as innovative preventative and rehabilitative measures and step-by-step exercises with instructional images. The up-to-date version now includes many breakthroughs in the orthopedic field including the author's own KlapperVision®—using common household objects to explain intricate anatomical structures in a way accessible to anyone. The result is the same: *Heal Your Hips* is still the only comprehensive hip health guide you will ever need.

## Book Information

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Product Dimensions: 7.4 x 1 x 9.2 inches

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Average Customer Review: 4.8 out of 5 stars— See all reviews— (24 customer reviews)

Best Sellers Rank: #43,421 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #11 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #16 in Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation

## Customer Reviews

Delightful to read, easy to understand. The authors are tops in their professions, offering very helpful insight into keeping and improving your range of motion and strength. Easy-to-understand analogies and illustrations allow you to "see" how your hip functions.

Nice exercises but there is way too much med-speak. I have a PhD and still was overwhelmed with some of the info. Skip the info and go straight to the exercises. Well described and easy to follow. I wrote them up on the computer and then used a "seal-a-meal" to make it waterproof for the pool.

Lots of good info. I've been using Linda's previous Waterpower workout book almost every day and it has helped tremendously with my hip pain. I hope the info in this book will help me get the final issues taken care of.

Beautifully shot and illustrated pool program with Best selling author & fitness expert LaReine Chabut. Dr. Klapper and Lynda Huey have expanded their pool program for this second edition and added many new exercises to make this a double winner. Great for anyone wanting to avoid surgery or needing rehabilitation after hip surgery!

Hoping to avoid hip surgery as I age by keeping as mobile and flexible as I can. Perfect book to help you do that. Detailed instructions for water and land exercises with great illustrations throughout. Easy to read and crammed full of good information. Love this book!

Really glad I got the book. Full of info. It's handy to have, its important to understand your body before you have a problem. I truly recommend this to anyone at any age. Dr. Klapper and Lynda Huey are great authors.

Great book! Being a 56 yr. old woman with a problem hip, I purchased this book based on so many good reviews & it did not disappoint! The exercises, both in & out of water, are just what I needed. The book is an easy read - give basic hip anatomy, discusses injuries & treatments, & I especially love that the co-author, Linda Huey, is an accomplished athlete, educator & author on the subject - she uses her own experiences to help others! Another reviewer suggested using laminated copies of exercises to take to the pool, & that has been very helpful. Due to pain causing reluctance to exercise, my hips have become weak, & after only a few weeks of these exercises I can tell that my hip strength & flexibility is improving. My 84 yr. old, dad borrowed this book before hip replacement surgery & he raved over all the good information he gleaned from this book regarding what to expect before, during & after surgery! This excellent book is an invaluable resource for healing ailing hips & hopefully, avoiding hip surgery!

The book is good. I then met with Dr. Klapper. What a huge over rated ego!! I then chose to go to a different Doctor here in Los Angeles. Don't waste your time going to him. I would not trust him to care about the outcome of my surgery.

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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) Heal Your Hips, Second Edition: How to Prevent Hip Surgery and What to Do If You Need It What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) You Can Heal After Spine Surgery: Managing pain, making decisions, preparing for surgery, and finally recovering from back and neck surgery. Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) Hip Replacement Using The Birmingham Hip Resurfacing Procedure: My Experiences Before, During and After Getting Hip: Recovery From A Total Hip Replacement So You've Got A Cataract?: What You Need to Know About Cataract Surgery: A Patient's Guide to Modern Eye Surgery, Advanced Intraocular Lenses & Choosing Your Surgeon Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) A Patient's Guide to Knee and Hip Replacement: Everything You Need to Know Surgery Open Heart: A Surgical Nurse Guides You Through Open Heart Surgery (Open Heart Surgery, Aortic Valve / Mitral Valve Replacement, Coronary Artery Bypass, Aortic Aneurysm, Myxoma) Sex Change - Male to Female: An Essential Guide for Understanding the Process of Gender Reassignment Surgery & Getting to Know the New You ~ ( Transgender Surgery | Sex Reassignment Surgery ) The Big Book on the Gastric Bypass: Everything You Need to Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG Books on Weight Loss Surgery 3) After Your Hip Surgery: A Guide to Daily Activities Nutrient Power: Heal Your Biochemistry and Heal Your Brain 601 Words You Need to Know to Pass Your Exam (Barron's 601 Words You Need to Know to Pass Your Exam) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery 4) Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs Heal Your Heart: The Positive Emotions Prescription to Prevent and Reverse Heart Disease Basic, Advanced, and Robotic Laparoscopic Surgery: Female Pelvic Surgery Video Atlas Series, 1e (Female Pelvic Video Surgery Atlas Series)

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