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Heal Your Knees: How to Prevent Knee Surgery and What to Do If You Need It

Robert L. Klapper, Lynda Huey

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Put an end to knee pain!

An esteemed orthopedic surgeon and a water-therapy expert team up to tell you the essentials about your knees, get them back into shape, and prevent future pain and injury. Through careful explanation, they examine each part of the healing process?-from basic function to long-term exercises?-guiding you to a pain-free life.

With detailed information on a variety of healing options, you will learn how to make the right decisions for your knees, understand when and why surgery is appropriate, and how simple exercise in your living room and in the pool can speed the postsurgical healing process.

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