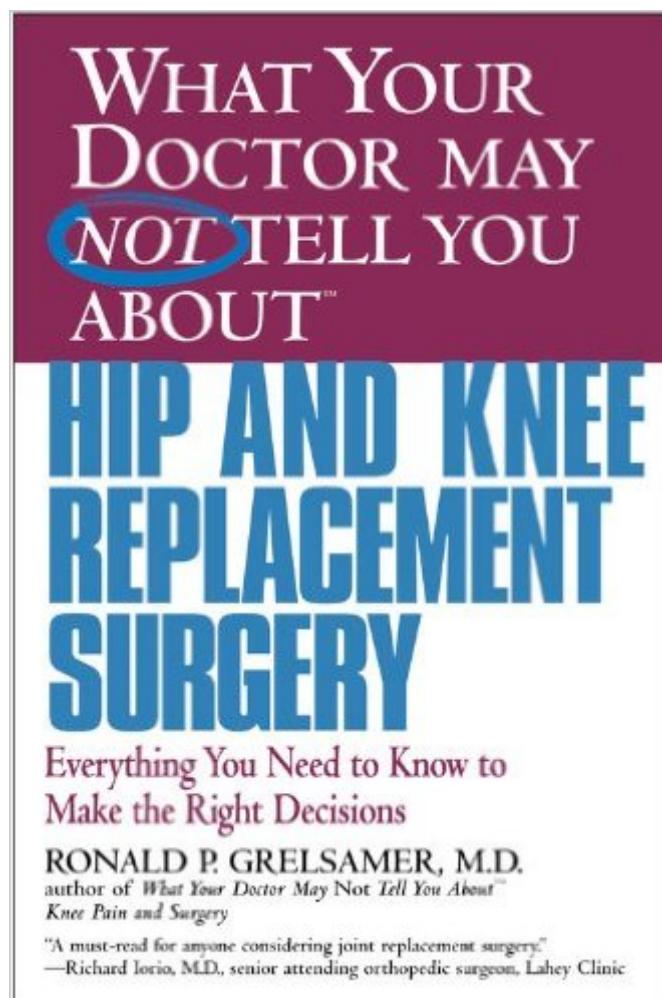


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# What Your Doctor May Not Tell You About(TM) Hip And Knee Replacement Surgery: Everything You Need To Know To Make The Right Decisions (What Your Doctor May Not Tell You About...(Paperback))





## **Synopsis**

Readers get the facts they need to make informed decisions about hip and knee replacement surgeries-the two most common joint replacements in America. Hundreds of thousands of Americans suffer from painful, deteriorating joints-and for many, surgery is their only option for relief. Now, Dr. Ronald P. Grelsamer gives readers all the information they need to decide whether hip or knee replacement is the right choice. From the history and evolution of joint implants to the significant differences between types of implants and surgeries, he arms readers with the need-to-know facts for a lasting recovery, including a step-by-step physical program to recover from surgery in the shortest time possible. Dr. Grelsamer also examines the risks and limitations, informing readers under which conditions surgery would actually be more damaging than beneficial. This complete guide addresses every area of concern that a patient may have and enables them to take control, ask the right questions, and live joint-pain free!

## **Book Information**

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## **Customer Reviews**

I discovered Dr. Grelsamer's books last fall after undergoing an unnecessary knee arthroscopy that caused more pain and problems than before. If I had read Dr. Grelsamer's advice earlier, I could have avoided six months of trauma, but even so, Dr. Grelsamer's straightforward guidance and treatment suggestions have been critical to my present well-being. Characteristically candid and entertaining, Dr. Grelsamer explains in detail all the information readers need to know to make

sensible decisions about hip and knee replacement surgery. He challenges routine testing techniques that contribute to diagnoses which are often misleading, and explains which controversial breakthroughs are safe and reliable, such as mini-incision surgeries and the latest implants. This book is a MUST READ for all active adults and teens. Thank you, Dr. Grelsamer, for giving us the tools and knowledge to be informed consumers!

I bought this book as I am having total knee replacement in a few months. I know that because I had a total hip replacement in September 2011. This book was published a few years ago but I read the whole book and I will say that everything that was described in the section about hip replacement before, during and after the surgery is pretty accurate.

With experience and humor Dr. Grelsamer offers us what we need to know to decide about surgery and to prepare for surgery. In my case, total knee replacement surgery. This book is very up to date; the facts don't change. I read it several times before surgery and once afterwards. I have given copies to many friends soon to have, or who will eventually have, total knee replacement surgery. Grelsamer is an excellent surgeon but not one who rushes to surgery.

This really is just that, a great book. He explains in plain english the information you need to know about your hips and knees. He talks about when to go for surgery and when to avoid it. How to tell if you have a good Dr. and how to find a great Dr. He explains the anatomy and the principles in plain and clear english. He is truly an excellent writer and I cannot more strongly recommend his work.

Because I am considering a knee replacement, this book had lots of helpful info. There were plenty of details and excellent suggestions for dealing with knee/hip replacement issues. I had already done considerable research, but this book went significantly beyond what I had learned. Written in an interesting manner and by an "insider" who seeks to inform rather than having an ax to grind with other doctors.

I have read a lot about this subject, yet still learned more. Goes into detail, yet the writing is very easy to read -- slight humor included -- and warnings about areas you might want to skip if you are squirmish. Also, good description about how to find a doctor -- the advice rang true to my experience.

I found this book to be extremely positive and informative. Although it focuses on the knee and hip, I would recommend it to anyone facing non-emergency surgery. This book does explain in layman's terms the actual procedures for a knee or hip, however what I found most helpful was the information on how to prepare for surgery, what to expect the day of surgery such as hospital procedures, and post surgery. The technicalities of surgeries for other joints are easily obtainable on-line. It was the info mentioned above surrounding the hospital experience that I felt to be the most helpful and empowering.

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