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New Joints and Other Mixed Blessings: How to Use Prehab and Rehab to Get the Most from Orthopedic Procedures

Jacqueline Wolfe BA LMT

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NEW JOINTS is a must-read for anyone considering joint replacement. Though the illustrated exercises focus on knees and hips, the information directly relates to preparing for any orthopedic surgery. Written in a non-technical, approachable format, this manual addresses subjects that are applicable not only to those considering surgery, but to anyone who wants to learn how to better move in their own body. Chapters include: how to personalize exercises; the importance of setting goals and how to do so; understanding pain; balance and proprioception; self image; developing support systems; websites and books to use as additional tools. NEW JOINTS is also an excellent tool for helping readers learn how to communicate their own specific orthopedic issues and needs to doctors and physical therapists. Ms. Wolfe has worked with both groups and individuals as a fitness trainer, as a massage therapist, and has worked with many individuals before and after orthopedic surgeries. Both she and her husband have been through their own injuries and orthopedic surgeries, and NEW JOINTS is informed by her experiences in maintaining their functioning.

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