



# **Fast Track Your Recovery From A Total Knee Replacement:: How to Eliminate Pain And Pain Medicine The Quickest Way Possible**

*Michelle Stiles*

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## **Fast Track Your Recovery From A Total Knee Replacement:: How to Eliminate Pain And Pain Medicine The Quickest Way Possible Michelle Stiles**

Help yourself to a speedy and minimally painful knee replacement recovery. This easy-to-follow book is the result of clinical physical therapy practice in 5 states with hundreds of knee replacement patients over the course of 20 years. Despite most patients getting very similar information instruction and exercises, there is a large amount of variability in speed of recovery and perceived difficulty of the recovery process. This book helps you understand and avoid the 5 major pitfalls that ensnare most knee replacement patients and provides you with an easy to use system that leads you through an accelerated path of recovery safely with the least amount of pain and pain medicine possible. Potential patients in the 40-64 year old category should especially seek the strategies encompassed in this book. The current rehabilitation system was created 20 years ago to cater to retirees. Now, many patients have only a narrow time frame to complete their recovery before having to get back to work. Find out how to avoid burning valuable PTO time and wasting money on extra high co-pays for therapy services (\$30-\$40 per visit). Recovery from a total knee replacement need not be a daunting project filled with doubt, worry and stress. Do yourself a favor, take control of the recovery process before you get on the surgical table by educating yourself. You can easily get fast and relatively pain free results by learning simple principles and following the Fast Track program. Go ahead, get on the Fast Track now.

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