



Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries

By Kate O'Shea

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Studies show that patients who contribute to their own treatment and recovery fare better in rehabilitation. Tailoring the concept for those suffering from joint pain, orthopedic psychologist Kate O'Shea draws from her patients and her own congenital hip problems (she has four major surgeries by the time she was thirteen) to describe a program for caring for the emotional and physical body while healing joint pain or after surgery. Conventional medical care, though technologically sophisticated, often ignores the humanity of individuals--patients are on their own once they are home. *Healing Hip, Joint and Knee Pain* offers exercises, breathing techniques, visualization and writing suggestions for becoming aware emotionally and for enhancing awareness of the healing joint. Drawing from Rosen work, Feldenkrais, Eutony, and orthopedic psychology, O'Shea provides the reader with inviting methods to hasten healing.

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Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries By Kate O'Shea **Bibliography**

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Editorial Review

Review

"How carelessly and often roughly we use our bodies, for the most part--and how lacking we are in understanding what they are trying to tell us. *Healing Hip, Joint and Knee Pain* fills the gap so often left by a purely anatomical or surgical approach."

- Oliver Sacks, M.D.

"*Healing Hip, Joint and Knee Pain* is a gem of a book. It guides individuals in making changes in their lives that contribute to their whole being. The experiential illustrated exercises help the reader learn new skills to promote self-healing."

- Barbara Dossey, RB, MS, FAAN

"Discussing 'moving back into your body' after surgery, coping with damage to your physical self, and trusting your emotional and physical structure, Kate O'Shea helps you to become a more active participant in your health--and whole life."

- *Yoga Journal*

About the Author

Kate S. O'Shea M.A., lives on a houseboat in Sausalito, with her husband, Herb Isenberg, their two dogs, and two cats.

Users Review

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Lewis Tuggle:

This Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries book is just not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is definitely information inside this publication incredible fresh, you will get data which is getting deeper you read a lot of information you will get. This specific Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries without we recognize teach the one who studying it become critical in contemplating and analyzing. Don't possibly be worry Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries can bring once you are and not make your bag space or bookshelves' become full because you can have it in your lovely laptop even cell phone. This Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries having fine arrangement in word as well as layout, so you will not feel uninterested in reading.

Stacey Lawrence:

Reading can called head hangout, why? Because if you find yourself reading a book especially book entitled Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries your head will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely can be your mind friends. Imaging each and every word written in a reserve then become one contact

form conclusion and explanation which maybe you never get ahead of. The Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries giving you one more experience more than blown away your thoughts but also giving you useful facts for your better life in this particular era. So now let us demonstrate the relaxing pattern here is your body and mind are going to be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary investing spare time activity?

Linda Harris:

The book untitled Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries contain a lot of information on that. The writer explains her idea with easy technique. The language is very straightforward all the people, so do not necessarily worry, you can easy to read the idea. The book was authored by famous author. The author will bring you in the new time of literary works. It is easy to read this book because you can continue reading your smart phone, or gadget, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official website as well as order it. Have a nice go through.

Jacqueline Britt:

That guide can make you to feel relax. That book Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries was bright colored and of course has pictures on there. As we know that book Healing Hip, Joint and Knee Pain: A Mind-body Guide to Recovering from Surgery and Injuries has many kinds or type. Start from kids until adolescents. For example Naruto or Private eye Conan you can read and feel that you are the character on there. So , not at all of book are generally make you bored, any it offers you feel happy, fun and loosen up. Try to choose the best book for you and try to like reading in which.

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