



# **The Knee Crisis Handbook: Understanding Pain, Preventing Trauma, Recovering from Injury, and Building Healthy Knees for Life**

*Brian Halpern, Laura Tucker*

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Ever sustained a knee injury? Want to prevent one? Whether you're young and actively involved in sports, an enthusiastic weekend warrior, or someone who's simply getting older and whose body is changing, *The Knee Crisis Handbook* by Brian Halpern, M.D. will show you how to take care of your knees. You'll learn what to do if you sustain an injury, how to prevent a repeat injury, and how to help yourself avoid injury in the first place.

Inside you'll find:

- \* Sport-specific knee injury prevention tips
- \* Advice on caring for your knees when you're young, older, or even pregnant
- \* What to look for when choosing a physician and physical therapist
- \* Treatment options, including acupuncture and other complementary medicine therapies
- \* Medications: what you should and shouldn't take
- \* What you can expect from surgery and recovery
- \* How to avoid surgery
- \* Complete exercise programs

With physical therapy strategies by Marty Jaramillo, P.T., A.T.C., C.S.C.S., and complementary medicine strategies by Robert Abramson, M.D.

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