



Getting Back on Your Feet: How to Recover Mobility and Fitness After Injury or Surgery to Your Foot, Leg, Hip, or Knee

Sally R. Pryor

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Injury? Operation? Arthritis? Unique guide (and perfect gift) picks up where doctor or therapist leaves off, showing young and old how to stay independent, work, exercise, travel, have fun and cope emotionally with lifestyle disruptions such as Knee Reconstruction, Broken Leg, Joint Replacement, Diabetic Amputation, Foot Surgery, Multiple Sclerosis, Back Problems or Cancer. How to manage home, workplace, childcare, travel, wheelchair, crutches and other mobility aids.

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