



Heal Your Hips, Second Edition: How to Prevent Hip Surgery and What to Do If You Need It

Lynda Huey, Robert Klapper M.D.

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When *Heal Your Hips* was first published in 1999, its practical and long-overdue guidance was a revelation for the millions enduring the pain of hip deterioration and injury. This updated edition of *Heal Your Hips* includes even more groundbreaking content. Fundamental concepts from the original are still included, such as innovative preventative and rehabilitative measures and step-by-step exercises with instructional images. The up-to-date version now includes many breakthroughs in the orthopedic field including the author's own KlapperVision®?using common household objects to explain intricate anatomical structures in a way accessible to anyone. The result is the same: *Heal Your Hips* is still the only comprehensive hip health guide you will ever need.

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