



A Knee and Shoulder Handbook for All of Us - Injuries in Children, Adults, and What to Do Next.

By MD Alan M Reznik, Jane Y Reznik

Lulu.com, United Kingdom, 2010. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is meant to be a guide for anyone who has injured his or her knee or shoulder. It outlines what is wrong, possible treatments, and potential surgeries. There are tips for injury prevention, simple diagrams of common problems and explanation of the latest reasons for the best treatment. This book will also prepare you to make the most out of your next doctor s appointment. A Knee and Shoulder Handbook aims to help prevent common mistakes made after sports or other injuries that can create more damage. It was written by an orthopaedic surgeon and his daughter, who wanted to make it easier for patients to fully understand the inner workings of their bodies.



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