



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

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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