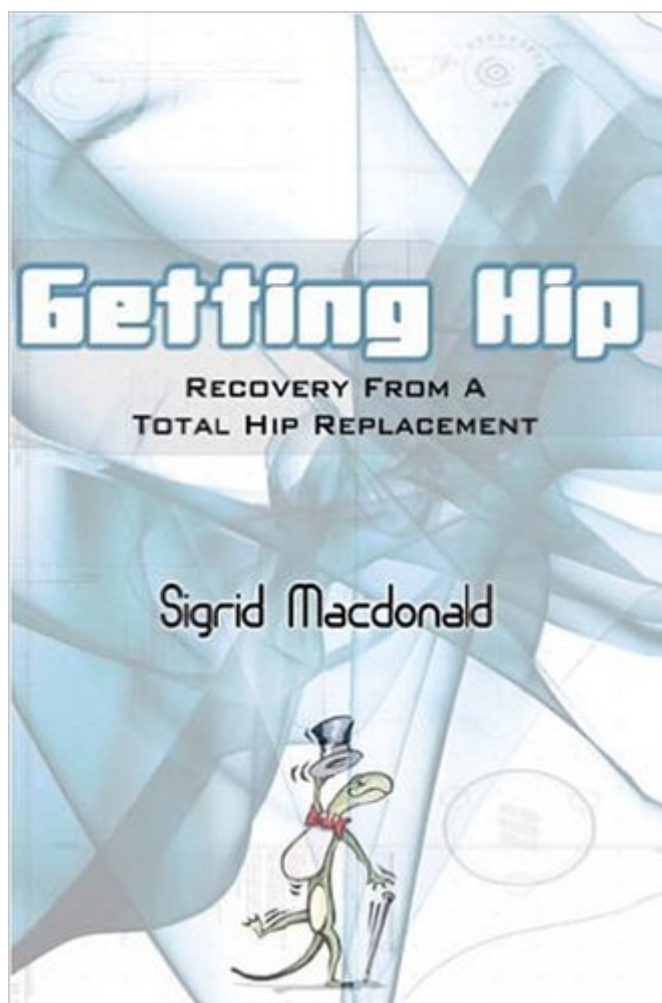


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# Getting Hip: Recovery From A Total Hip Replacement



## Synopsis

GETTING HIP is a personal account of one woman's recovery from a total hip replacement. From the painful arthritic deterioration of her joint, to making the difficult decision to have surgery at the relatively young age of 47, Sigrid Macdonald takes us with her on her postoperative journey. She discusses how to prepare for hip surgery and the potential complications of the operation. A detailed description of her rehabilitation is provided, along with interviews with 10 people from all over the world, whose recovery time from hip surgery varied considerably. This reader friendly book is written with wit, candor, and empathy for the prospective hip patient. It offers useful tips for acquiring essential services and coping physically and psychologically with hip surgery, as well as important information about how to treat a new hip in order for it to last as long as possible. GETTING HIP provides the most up-to-date information on different implants, such as the ceramic hip, which received FDA approval in February of 2003, the metal on metal prosthesis, hip resurfacing and exciting advances in cartilage regeneration and stem cell transplantation. It also provides an extensive bibliography and Internet references.

## Book Information

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Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (28 customer reviews)

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## Customer Reviews

"Getting Hip" is the first person account of Sigrid Macdonald, who went through a Total Hip Replacement Surgery and felt the need to share her experience before, during and after surgery. At places poignant, at places serious and at some places humorous, the book gives a detailed account of what is involved in a Total Hip Replacement Surgery, including the decision to go in for the surgery, type of implant to be selected (given a choice) and what to expect in terms of pain,

restrictions on movement and post-surgery life style etc. The author has referred to several books on the subject and has added her own wisdom to the subject. Thus you may check this book out before buying any other book on this subject. That may save you not only money but a lot of time and effort. One interesting feature of the book is the chapter dealing with the experiences of other people who underwent similar surgery. The widely different experiences of these people confirm the author's own experience that when it comes to a major issue, each individual has a different experience and while other's experience has some educational value, that does not and cannot form a benchmark. That is one of the important message of this good book. The bibliography and electronic references given at the end of the book add value to the book. The last chapter dealing with the Future of Hip Replacements is a little broad and should be taken as the author's perception of various bits and pieces collected in the course of her extensive reading and interaction. In my view, brand names of drugs should be acknowledged as such and wherever possible, generic names of the drugs should be preferred.

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