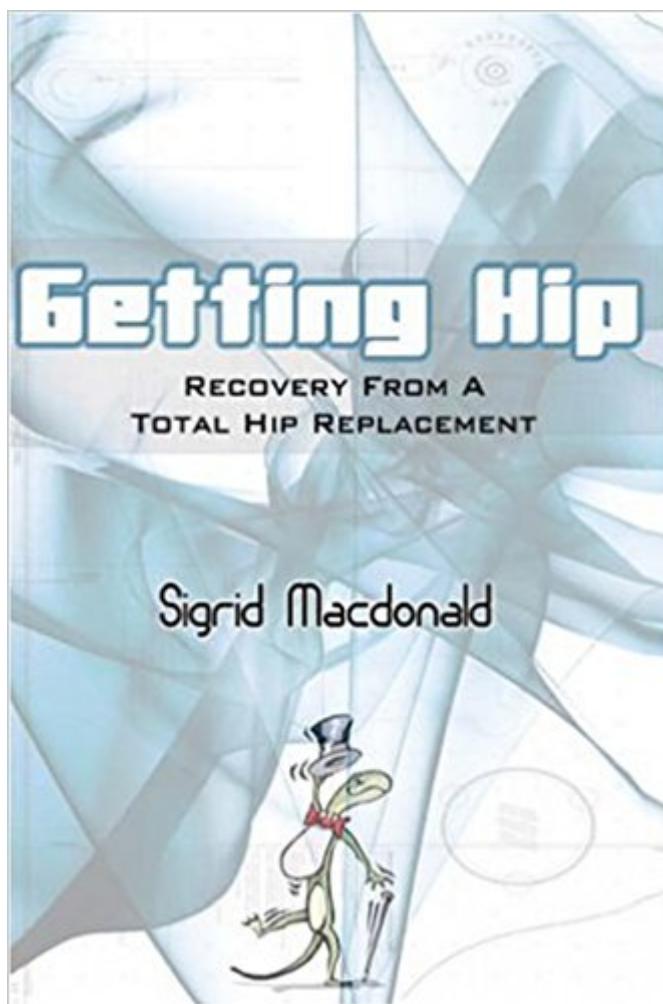


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# Getting Hip: Recovery From A Total Hip Replacement



## **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**

Paperback: 160 pages

Publisher: AuthorHouse (October 28, 2004)

Language: English

ISBN-10: 1418478377

ISBN-13: 978-1418478377

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 29 customer reviews

Best Sellers Rank: #1,144,658 in Books (See Top 100 in Books) #43 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #30375 in Books > Textbooks > Education #60825 in Books > Education & Teaching > Schools & Teaching

## **Customer Reviews**

ADVANCED PRAISE "Although our body is a finely tuned machine with expected surgical outcomes, this practical and reader friendly book reinforces we each have a unique medical presentation. After reading this, not only will you have a comprehensive understanding of all aspects of Total Hip Replacements, you will have permission to vary from the expected norms and accept your own rate of recovery." Wendy Rogers, Physiotherapist (BPT) "Hip replacements have granted

a new lease on life to countless folks. If you are considering this surgery for yourself, you need this first-hand comprehensive report from someone who has done the research for you. Ms. Macdonald provides a wealth of information on the challenges facing hip replacement patients and the resources they require dealing with this experience. As a nurse, and possibly a prospective future candidate, I found everything one could wish to know and more in *GETTING HIP*. This lay person's account of the modern experience of hip replacement surgery is a must for any professional wanting to understand the bewildering landscape of hip replacements in North America. Sigrid details the range of possibilities available to patients, from choosing a doctor to deciding on a specific type of implant, as well as making plans for aftercare. Ms. Macdonald has covered it all in a very warm and entertaining manner." C. Soubliere R.N. BSc PHN "GETTING HIP takes the reader through the experience of a total hip replacement, from the first problem signs to total recovery. It gives a clear, witty, intelligent and thoroughly readable account of the whole process, and contains valuable information for patients, caregivers and professionals. Macdonald has researched the subject comprehensively, and gives excellent advice for anyone contemplating this major operation. Various surgical methods and devices are also discussed, as well as the future of hip replacement in general. All anyone needs to know about this procedure is here." Una Holmes, Fellow Veteran of a Total Hip Replacement

Sigrid Macdonald is a freelance writer with a background in psychology and social policy research. Originally from New Jersey, Macdonald currently resides in Ottawa, Ontario. As a consumer of medicine and an advocate for patients, Macdonald has written numerous articles on physical and mental health. She has explored topics as diverse as thyroid disease, hypoglycemia, menopause, invisible disabilities, and panic disorder, and has written for publications such as the Anxiety Disorders Association of Ontario, the Carleton University Women's Center, and the Women's Freedom Network Newsletter in Washington, D.C. The Globe and Mail Newspaper published Macdonald's lighthearted but provocative article on naming children. And the American magazine, *Justice Denied*, accepted two of this social activist's articles on wrongful convictions.

Ok...this book would have been totally useless to me if the author had not included stories of other people besides herself who have gone through Hip Replacement Surgery. Many of these additional stories and experiences were motivating and informative. The experience of the author was horrible. I felt sorry for her because she went through a very rough time. However, with that said, she did not

undergo a typical Hip Replacement and her story scared me to death. I was ready to cancel my surgery after reading her experience. I'm glad that I continued reading past her very painful, difficult recovery to the stories of others that had a much different experience. I had my surgery 3 weeks ago, and am walking on my own. I still have some pain, but getting better every day!

I bought 4 books on hip replacement and most contain very dated material. The hip replacement surgery has advanced radically in the last few years. The surgical techniques have changed drastically during the last few years. I was not really impressed by any of the 4 books. You can find more current information on the internet and also a number of medical center surgery videos are available on line at no cost.

Well-written personal account, although her specific situation is not the norm. It would be great if updated with regard to technology.

Great book. It answered several of my questions. Diagrams and information as to what was going to happen, step by step. My hip was done in November 2013 & I feel great. A lot less pain and discomfort than I expected. Well worth it (the surgery), no more pain now ....this book was very helpful.

I read this text prior to my own total hip replacement (12/19/05). I kept the book to see if my opinion of it changed after my own recovery experience. I am a health care provider with 14 years of experience, including assisting in joint-replacement surgery and perioperative care. Although, as I write this I am early in my recovery, I see no reason to alter my opinion and have disposed of the book, rather than inflict harm by sharing it with another reader. First of all, the writer delays surgery to a much greater state of disability than I demonstrated patience for and perhaps that bears weight in her recovery. Her search for a physician willing to listen well and answer her questions is understandable. However, I found her lack of cooperation with medical advice tiresome. This was demonstrated when she refused to reserve blood ahead of the procedure, because she was "afraid of needles" - who isn't! She unexplainably refuses adequate pain medication and subsequently does not tolerate the advised early activity. While my personal experience may be going uncommonly well, I found this author's experience to be needlessly difficult. If you choose to read this book, please do not let the writer's account discourage you from this opportunity for an improved quality of life.

This book is out dated,,, but a good story of someones experience in Canada.

## GOOD INFORMATION THAT I LIKE HAVING AT MY FINGER TIPS SINCE IM RECOVERING FROM HIP REPLACEMENT MYSELF

I was interested in the subject and found it useful from that point of view. However, it could have been more helpful for my friend who needed advice on this subject.

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