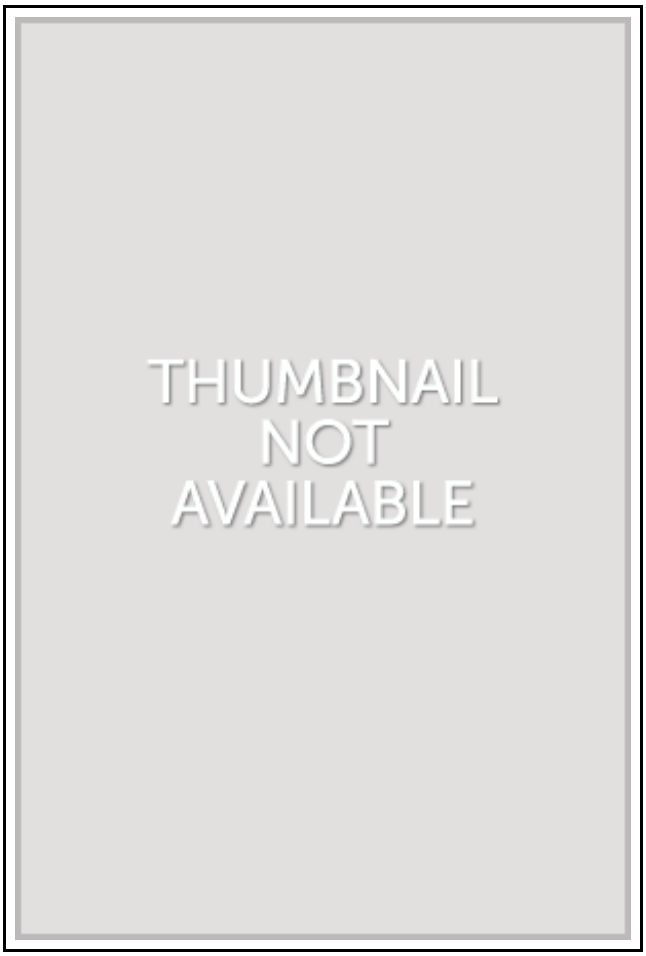
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TSO. Paperback. Book Condition: new. BRAND NEW, Llyfr Y Glun and Pen-glin, Eich Helpu I Ymdopi Gydag Osteoarthritis, Kim Burton, This booklet is an indispensable resource for anyone that has osteoarthritis affecting their hip or knee. The advice contained in this booklet is based on the latest medical research, and has been developed with the help of people with osteoarthritis. Aimed at the end-user, it is written in an informal, user-friendly manner that provides clear advice on how to cope with osteoarthritis. The booklet not only covers how to manage osteoarthritis but outlines what osteoarthritis is, what causes it and how it can be diagnosed. "The Hip & Knee Book" is designed to help sufferers understand what has happened to them and that despite the illness there is plenty that can be done to help overcome the pain and increase activity. The booklet explains what sufferers can do, why they should do this and explains how to do it. All exercises are accompanied by 'how to' illustrations. This title includes the following topics: what is osteoarthritis; what causes osteoarthritis; diagnosing osteoarthritis; managing your osteoarthritis; control of pain; stretching and strengthening exercises; health professionals; aids and devices; specialist treatments; and, other sources of information and support.

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