



# Heal Your Knees: How to Prevent Knee Surgery and What to Do If You Need It

*Lynda Huey*

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## **Heal Your Knees: How to Prevent Knee Surgery and What to Do If You Need It** Lynda Huey

Millions of people suffer from knee pain due to aging, sports, or injury. Here an orthopedic surgeon and a physical therapist have joined forces to create a program of exercises in the pool and on dry land that works to alleviate various types of knee pain, before, after, or instead of surgery.

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