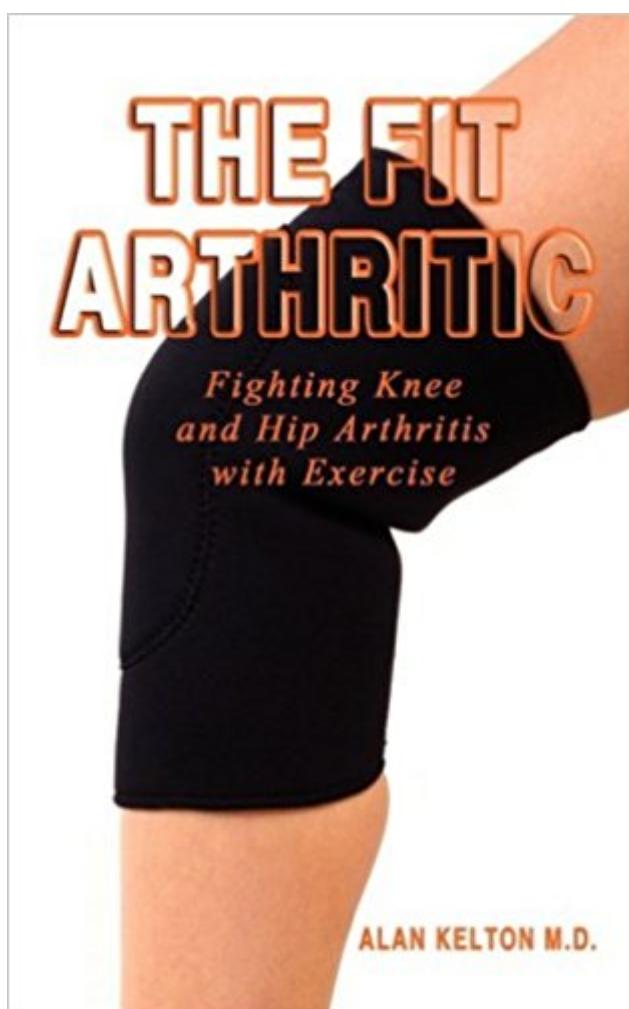


The book was found

# The Fit Arthritic: Fighting Knee And Hip Arthritis With Exercise.



## Synopsis

In my book: "The Fit Arthritic: Fighting Knee and Hip Arthritis with Exercise" I will describe how someone with arthritis can start to take control of their pain and improve their health. I encourage collaboration with a health professional and will help my readers to learn more about osteoarthritis and self-treatment options. I detail many medications in the book and hope that my readers will be able to reduce their use of prescription and over-the-counter pain medications. I define fitness for someone with arthritis and help the reader to plan and exercise their way to less pain and improved health. My goal is that those affected with osteoarthritis can become a "fit arthritic" with me. From the Foreword: "I am now in my mid-forties and pleasantly enjoying mostly pain-free days. I used to consume more than 2000 ibuprofen tablets yearly and now I rarely take them for knee pain. I can walk for extended distances and finished a day-long hike in Yosemite National Park this year. I am finally at a healthy weight around 175 pounds. I have discovered many principles that have helped me to become more active, suffer from less pain, and yes, consider myself fit once again." ALAN KELTON M.D. is a practicing internal medicine doctor. He is an Assistant Clinical Professor of Medicine at UCSF Fresno. He is listed as one of "America's Top Physicians" for 2007 and was selected by physicians in the Fresno, California area as a "Best Doctor" and he has been recognized as a "Top Ten" physician for quality of care for two years in a row. He has been a team physician for the Fresno Falcons Professional Hockey team two seasons. He has been an invited lecturer on exercise and osteoarthritis and also for heart disease at Community Hospital's Live Better Women's Health Festival. Having suffered from the effects of osteoarthritis (OA) for more than 20 years, Dr. Kelton wants to give hope and improved health to fellow "fit arthritics." You can find him walking over two miles to breakfast with his three-generation family on most Saturday mornings, weather allowing.

## Book Information

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## Customer Reviews

I think the author tells us things that OUR doctors should be telling us when they first see us for a knee problem. The book may spend time on his personal story, but it was one I could relate to. I found his advice, perspective and treatments (exercises) to be worthwhile. I think it should be in the waiting rooms of orthopedic physicians and family doctors. We all get told we need to lose weight. This book will help you understand one of the SPECIFIC reasons why weight loss is important.

I found these exercises to be easy to do and yet not too resistant as to add more injury to my knee. Very easy to read and follow.

My inlaws think this book has saved their life literally! They are both 81 years old and have figured out after all these years that exercise is the best medicine for their arthritic knees and hips. I am buying 3 more copies for them to give to their friends. Thank you Dr. Kelton for writing such an inspiring and easy to read book.

Almost everyone will eventually develop arthritis either from injury/accident or aging. This is a must read for everyone -- read it for prevention, read it when first diagnosed, read it to cope with arthritis. Wonderful value!

They say that when at least thirty percent of the self-help book consists of personal stories, it means that author has nothing to say. This is very true about this book. It should be, really, just a 8 page booklet one usually find in medical offices."Don't give up, exercise as much or as little as you can and lose weight". That is a Dr. Kelton's breakthrough contribution to the treatment of OA!There is about 8 exercises in the book such as one can find in many books before him. Anyone with joint or muscular disease can get printout of these very exercises for free from their orthopedic doctor, podiatrist or physical therapist.By the way, Dr. Kelton seems to have some sort of personal attitude against PT. He declares the he intends to ignore issue of physical therapy altogether. This is very strange and unprofessional! PT is known to be very helpful to many OT patients, including

myself! Save your money and skip this book!

Dr. Kelton has produced a gem of a book which I hope will be widely circulated. All too often, in the treatment of arthritis, clinicians focus only on pain control or adaptive devices and fail to consider the remarkable benefits that appropriate exercise can provide. This little book is written in clear, practical prose. The medical concepts are solid and well researched. Dr. Kelton's personal journey with arthritis makes the reading both compelling and enjoyable. The image of the "fit arthritic" provides a model by which we may inspire and inform our patients and to which many of us "ageing athletes" may ourselves aspire.

Dr. Kelton's book has given me the tools to extend the lifespan of a less than optimal joint. My hip was keeping me awake at night. A specialist told me I'd be lucky to make it to 45 before I needed it replaced (I'm only 33)! After two months of following some of the exercises and stretches in this book, I've increased my range of motion, and decreased my pain.

A concise, easy to read and necessary little book for anyone with OA (osteoarthritis). THE FIT ARTHRITIC is full of invaluable practical and medical knowledge. My husband, a Family Practice physician, recommends it to his patients. Dr. Kelton himself is personally challenged by OA and his honesty is compelling. Reading (and rereading) this handbook inspires one to work at a proven and realistic way to not only be comfortable in your body, but also fit.

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Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Total Knee Replacement and Rehabilitation: The Knee Owner's Manual Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury The Knee Crisis Handbook: Understanding Pain, Preventing Trauma, Recovering from Knee Injury, and Building Healthy Knees for Life Runner's World Knee Book: What Every Athlete Needs to Know About the Prevention and Treatment of Knee Problems How to Permanently Stop Your Knee Pain, Even if you've Tried Everything Else!: Get Instant Knee Pain Relief with These Simple Tips Hip Hop Rhyming Dictionary: The Extensive Hip Hop & Rap Rhyming Dictionary for Rappers, Mcs, Poets, Slam Artist and lyricists: Hip Hop & Rap Rhyming Dictionary And General Rhyming Dictionary Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Tight Hip Flexors: Relieve The Pain of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips) Hip Hop: A Short History (Hip Hop) (Hip Hop (Mason Crest Paperback)) The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, ... & Other Inflammatory Forms of Arthritis

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