



Granny Gets a New Knee

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Written in an easy to read engaging format, this book is full of useful information for anyone who is anticipating a knee replacement. The Feldenkrais movement lessons in this book will help you take the stress off your knees and get your whole body supporting your movements making them easier and more efficient. It is also helpful to go into surgery prepared with knowledge and expectations as well as a body sense of ways to move that will help you immediately after surgery. This book is also for anyone with arthritis in their knees or anyone who wants to help them, including therapists.