



Accelerated Recovery: How to Recover Your Body After Injury or Surgery

Howard B Cotler MD

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Being injured is a simple fact of life. Whether it's a sprain, broken bone or disc injury, these usually occur at inconvenient times. However, how you deal with that injury or after a required surgery can determine how you function the rest of your life. In *Accelerated Recovery of Your Health: How to Recover Your Body After Injury or Surgery*, readers will learn techniques to heal their body faster than previous generations with fewer complications. After all, getting you back on your feet is what it's all about. Learn from Dr. Cotler's experience as an orthopedic surgeon trained in the treatment of traumatic injuries and spinal surgery. By following the accelerated recovery methods detailed in this book, you will be better equipped to deal with whatever curveball life throws your way.

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