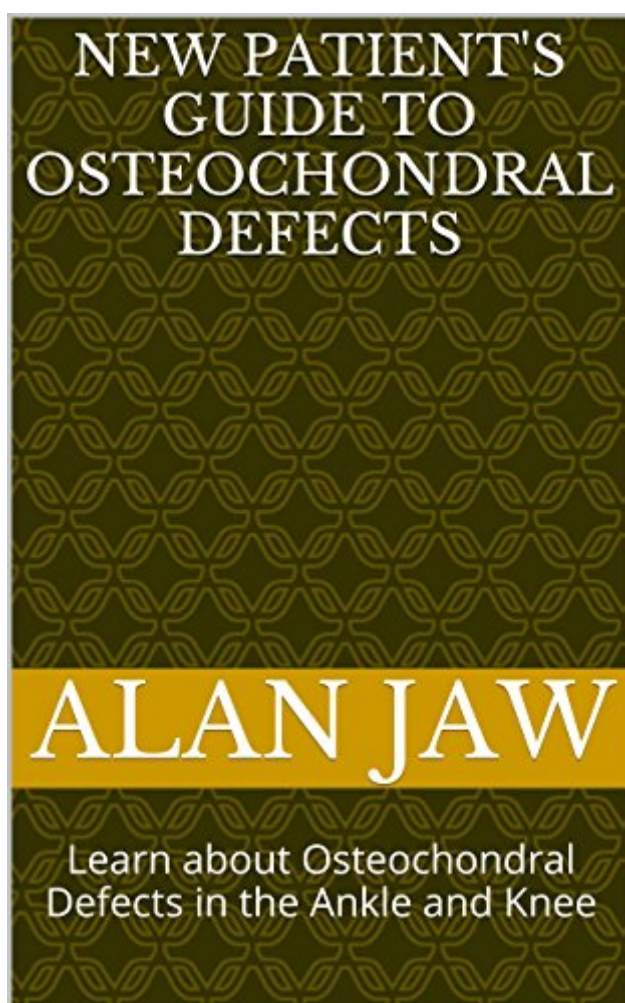


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# New Patient's Guide To Osteochondral Defects: Learn About Osteochondral Defects In The Ankle And Knee



## Synopsis

This book is written for new osteochondral defect patients. Learn about your injury, how to get mental and emotional support, possible treatment options, possible surgeries, and future developments in techniques in treating osteochondral defects. Also, includes access to an osteochondral defect membership site, at <http://osteochondraldefect.net/forum>

## Book Information

File Size: 556 KB

Print Length: 13 pages

Simultaneous Device Usage: Unlimited

Publisher: Alan Jaw (August 17, 2015)

Publication Date: August 17, 2015

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B01434A562

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #677,223 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

in Â Â Kindle Store > Kindle eBooks > Medical eBooks > Allied Health Professions > Podiatry #83

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Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury  
Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses  
The Knee Crisis Handbook: Â Â Understanding Pain, Preventing Trauma,

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