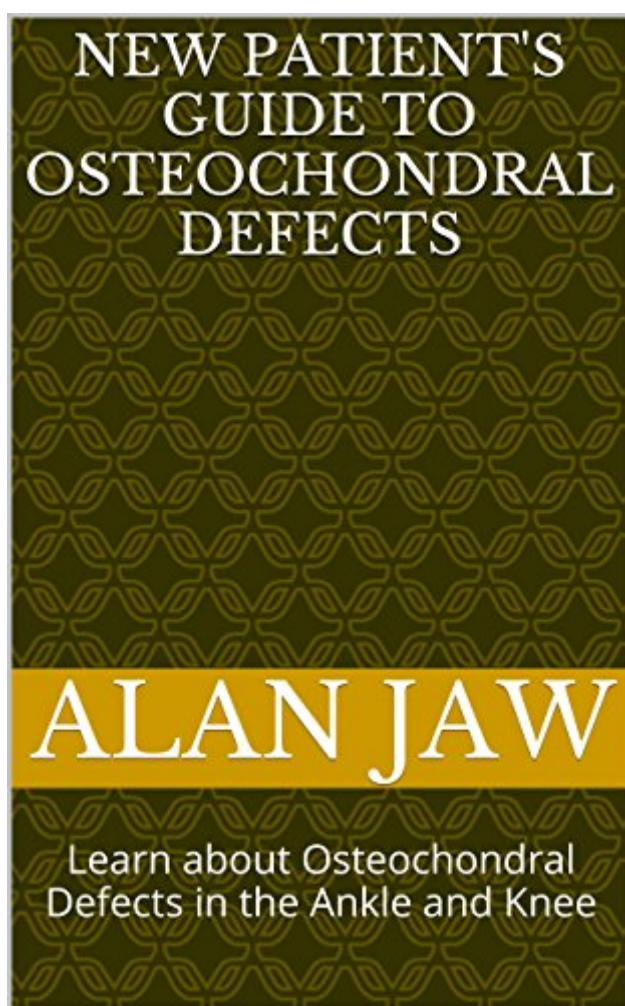


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# New Patient's Guide To Osteochondral Defects: Learn About Osteochondral Defects In The Ankle And Knee



## 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>

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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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