



The Mechanics of the Knee: How to Defeat Arthritis and Improve Mobility Without Surgery

David C. Morley Jr. M.D.

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"Many people have come to me over the years having no understanding of their knee arthritic problems," writes Dr. David Morley, a board certified orthopedic surgeon. "They fall prey to clinicians who often prescribe aggressive, costly, and sometimes dangerous therapeutic options, including knee replacement." And no one--man or woman, young or old, overweight or thin--is immune from knee pain. "If your job involves performing the same joint stressing motions over and over," he points out, "or carrying weight, or both, you are also a candidate."

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