



Saving My Knees: How I Proved My Doctors Wrong and Beat Chronic Knee Pain

Richard Bedard

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“Saving My Knees” tells an inspirational story of beating chronic knee pain. Richard Bedard was a journalist in his mid-40s, living abroad, when he was diagnosed with patellofemoral pain syndrome, or chondromalacia patella. His burning joints made his life so miserable that he fantasized about hacking off his kneecaps. Four doctors failed to help; one said he would never get better. His physical therapist finally gave up too.

Unable to sit normally, he quit his job. Unemployed and desperate, he launched a year-long, round-the-clock experiment to save his knees. He read from scores of clinical studies, medical textbooks, health newsletters. What he discovered left him stunned. There was a familiar story about what patellofemoral pain syndrome was and how to treat it: The advice to focus on strengthening the quads. To stretch. To take glucosamine. To forget about cartilage healing, because that never happened.

And that story was completely wrong.

Armed with this knowledge, he fashioned a plan to get better. Within two years, he fully recovered. This compelling story chronicles a long journey of healing and discovery. It shows that a patient’s true ally isn’t simply hope, but informed hope.

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