BASIC STRATEGY FOR MAINTAINING NTFS HARD DRIVES

The use of Linux to repair a NTFS hard drive should not be the main way that you repair minor hard drive problems:
When your computer has problems and you suspect that a hard drive is the cause, use "Error Checking", "Disk Cleanup", "Disk Defragmenter", and "Disk Management" in "Windows.." whenever these "applets" are available for use.

Long after "Windows.." has given up on a corrupted NTFS hard drive, various distros of Linux can still read and repair your corrupted NTFS hard drive.

Use "Linux" to repair "NTFS" hard drives only when "Windows.." fails to recognize a hard drive:

Your first indication that "Windows.." does not recognize a hard drive is that the hard drive fails to appear in "Windows Explorer", "My Computer", or "Computer".

You second indication is usually the following dialog box:
Always click the "Cancel" button when the above dialog box is displayed. When "Windows.." fails to recognize a hard drive, immediately shut down your computer in order to reduce the possibility of more damage occurring to the failed hard drive.

After shutting down your computer, you have two options for repairing the failed hard drive:

Option 1:
You can boot up your computer with a bootable CD ("LiveCD"), a bootable DVD ("LiveDVD"), or a bootable DVD. The bootable media should be one that has one or more utilities for repairing hard drives and/or for recovering data files/folders from the failed hard drive.
After booting up your Windows computer with bootable media, run one or more software utility programs to repair the failed hard drive and/or to recover the data files/folder from the failed hard drive.
Option 2:
Remove the failed NTFS hard drive from the computer where it resides. Insert the failed NTFS hard drive into a USB external hard drive enclosure. Run a distro of Linux in either a real computer or a virtual machine. Attach the USB external hard drive enclosure to the real computer or virtual machine. Run one or more software utility programs to repair the failed hard drive and/or to recover the data files/folder from the failed hard drive.