



PATIENT NAME:

A Patient's Guide To:

Ankle

- Ankle Anatomy
- Ankle Fusion
- Ankle Impingement Problems
- Ankle Sprain and Instability
- Ankle Syndesmosis Injuries
- Artificial Joint Replacement of the Ankle
- Osteoarthritis of the Ankle
- Peroneal Tendon Problems
- Peroneal Tendon Subluxation
- Shin Splints

Child Orthopedics

- Adolescent Osteochondritis Dissecans of the Elbow
- Back Pain in Children
- Blount's Disease in Children and Adolescents
- Clubfoot
- Congenital Flatfoot (Pes Planus)
- Developmental Dysplasia of the Hip in Children
- Jumper's Knee in Children and Adolescents
- Limping in Children
- Nursemaid's Elbow
- Osgood-Schlatter Lesion of the Knee
- Panner's Disease of the Elbow
- Perthes Disease
- Rotational Deformities in Children
- Scoliosis
- Septic Arthritis of the Hip in Children
- Sever's Syndrome
- Slipped Capital Femoral Epiphysis
- Tarsal Coalition
- Transient Synovitis of the Hip in Children

Elbow

- Artificial Joint Replacement of the Elbow
- Cubital Tunnel Syndrome
- Distal Biceps Rupture
- Elbow Anatomy
- Elbow Dislocation
- Elbow Fusion
- Interposition Arthroplasty of the Elbow
- Lateral Epicondylitis (Tennis Elbow)
- Medial Epicondylitis (Golfer's Elbow)
- Olecranon Bursitis
- Osteoarthritis of the Elbow
- Radial Tunnel Syndrome
- Ulnar Collateral Ligament Injuries
- Ulnar Collateral Ligament Reconstruction (Tommy John Surgery)

Foot

- Accessory Navicular Problems
- Achilles Tendon Problems
- Adult Acquired Flatfoot Deformity
- Bunionette (Tailor's Bunion)
- Bunions
- Claw Toes and Hammertoes
- Foot Anatomy
- Haglund's Deformity of the Foot
- Hallux Rigidus
- Ingrown Toenail
- Interdigital Neuroma (Morton's Neuroma)
- Osteochondritis Dissecans of the Talus
- Plantar Fasciitis (Heel Pain)
- Posterior Tibial Tendon Problems
- Sesamoid Problems
- Tarsal Tunnel Syndrome

Fractures

- Adult Clavicle Fractures
- Adult Distal Radius (Wrist) Fractures
- Adult Finger Fractures
- Adult Forearm Fractures
- Adult Humerus Shaft Fractures
- Adult Metacarpal Fractures of the Hand
- Adult Olecranon (Elbow) Fractures
- Adult Proximal Humerus (Shoulder) Fractures
- Adult Radial Head (Elbow) Fractures
- Adult Thumb Metacarpal Fractures

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PATIENT NAME:

A Patient's Guide To:

General

Arthritis
Arthroscopy
Cast Care
Cumulative Trauma Disorder
Fibromyalgia
Gout
Joint Injections for Arthritis
Lyme Disease
Medications for Arthritis
Muscle Cramps
Nutraceuticals (Dietary Supplements)
Nutrition and Surgery
Osteoarthritis
Osteoporosis
Platelet-Rich Plasma
Postsurgical Infection
Psoriatic Arthritis
Rehabilitation for Arthritis
Rheumatoid Arthritis
Septic Arthritis
Systemic Lupus Erythematosus
Tendonitis
Viral Arthritis

Hand

Arthritis of the Finger Joints
Arthritis of the Thumb
Artificial Joint Replacement of the Finger
Artificial Joint Replacement of the Thumb
Boutonniere Deformity of the Finger
Carpal Tunnel Syndrome
Dupuytren's Contracture
Dupuytren's Contracture Surgery
Endoscopic Carpal Tunnel Release
Finger Fusion Surgery
Guyon's Canal Syndrome
Hand Anatomy
Mallet Finger Injuries
Mucous Cysts of the Fingers
Open Carpal Tunnel Release
PIP Joint Injuries of the Finger
Resection (Excision) Arthroplasty of the Thumb
Swan Neck Deformity of the Finger
Thumb Fusion Surgery
Trigger Finger and Trigger Thumb
Ulnar Collateral Ligament Injuries of the Thumb

Hip

Artificial Hip Dislocation Precautions
Artificial Joint Replacement of the Hip
Avascular Necrosis of the Hip
Compression Fixation for a Fractured Hip
Femoroacetabular Impingement (FAI)
Hemiarthroplasty of the Hip
Hip Anatomy
Hip Arthroscopy
Hip Fractures
Hip Pinning Surgery for a Fractured Hip
Hip Resurfacing Arthroplasty
Labral Tears of the Hip
Osteoarthritis of the Hip
Rehabilitation Following Hip Fracture Surgery
Revision Arthroplasty of the Hip
Stress Fracture of the Hip
Trochanteric Bursitis of the Hip
Trochanteric Bursitis Surgery

Knee

Anterior Cruciate Ligament Injuries
Articular Cartilage Problems of the Knee
Artificial Joint Replacement of the Knee
Chondromalacia Patella
Collateral Ligament Injuries
Glucosamine and Chondroitin Sulfate for Osteoarthritis of the Knee
Hamstring Injuries
Hamstring Tendon Graft Reconstruction of the ACL
Iliotibial Band Syndrome
Knee Anatomy
Meniscal Injuries
Meniscal Surgery
Osteoarthritis of the Knee
Osteochondritis Dissecans of the Knee
Patellar Tendon Graft Reconstruction of the ACL
Patellar Tendonitis
Patellofemoral Problems
Pes Anserine Bursitis of the Knee
Plica Syndrome
Popliteal Cysts
Posterior Cruciate Ligament Injuries
Prepatellar Bursitis
Quadriceps Tendonitis
Revision Arthroplasty of the Knee
Tibial Osteotomy
Unicompartmental Knee Replacement
Viscosupplementation for Osteoarthritis of the Knee

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PATIENT NAME:

A Patient's Guide To:

Pain Management

- Body Talk
- Chronic Pain and Nutrition
- Chronic Pain and Sleep
- Chronic Pain Management
- Complex Regional Pain Syndrome
- Epidural Steroid Injections
- Facet Joint Injections
- Injections for Pain
- Medication Approach to Chronic Pain
- Pain Management Medications
- Pain Pumps
- Piriformis Muscle Injections
- Radiofrequency Ablation
- Relaxation Training
- Sacroiliac Joint Injections
- Spinal Cord Stimulators

Shoulder

- Acromioclavicular Joint Separation
- Adhesive Capsulitis
- Artificial Joint Replacement of the Shoulder
- Biceps Rupture
- Biceps Tendonitis
- Calcific Tendonitis of the Shoulder
- Cuff (Rotator) Tear Arthropathy
- Impingement Syndrome
- Labral Tears
- Osteoarthritis of the Acromioclavicular Joint
- Quadrilateral Space Syndrome
- Reverse Shoulder Arthroplasty
- Rotator Cuff Tears
- Shoulder Anatomy
- Shoulder Arthroscopy
- Shoulder Dislocations
- Shoulder Instability
- Snapping Scapula Syndrome
- Sternoclavicular Joint Problems
- Thoracic Outlet Syndrome
- Weightlifter's Shoulder

Spine - Cervical

- Anterior Cervical Discectomy and Fusion
- Cervical Artificial Disc Replacement
- Cervical Burners and Stingers (Brachial Plexus Injuries)
- Cervical Corpectomy and Strut Graft
- Cervical Discectomy
- Cervical Foraminotomy
- Cervical Laminectomy
- Cervical Radiculopathy
- Cervical Spinal Stenosis
- Cervical Spine Anatomy
- Dropped Head Syndrome
- Neck Pain
- Posterior Cervical Fusion
- Whiplash

Spine - General

- Adult Degenerative Scoliosis
- Diffuse Idiopathic Skeletal Hyperostosis
- Intraoperative Monitoring
- Nutrition and Your Spine
- Spinal Tumors
- Spondyloarthropathies

Spine - Lumbar

- Anterior Lumbar Fusion with Cages
- Anterior Lumbar Interbody Fusion
- Back Care Boot Camp
- Low Back Pain
- Lumbar Artificial Disc Replacement
- Lumbar Degenerative Disc Disease
- Lumbar Disc Herniation
- Lumbar Discectomy
- Lumbar Facet Joint Arthritis
- Lumbar Laminectomy
- Lumbar Spinal Stenosis
- Lumbar Spine Anatomy
- Lumbar Spondylolisthesis
- Lumbar Spondylolysis
- Piriformis Syndrome
- Posterior Lumbar Fusion
- Posterior Lumbar Interbody Fusion
- Sacral Insufficiency Fractures
- Sacroiliac Joint Dysfunction
- Treatment Guidelines for Low Back Pain

Spine - Thoracic

- Kyphoplasty
- Scheuermann's Disease
- Spinal Compression Fractures
- Thoracic Disc Herniation
- Thoracic Spine Anatomy
- Vertebroplasty

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WEB RX

PATIENT NAME:

A Patient's Guide To:

Wrist

Artificial Joint Replacement of the Wrist
de Quervain's Tenosynovitis
Ganglions of the Wrist
Intersection Syndrome
Kienbock's Disease
Ligament Injuries of the Wrist
Osteoarthritis of the Wrist Joint
Scaphoid Fracture of the Wrist
Triangular Fibrocartilage Complex (TFCC) Injuries
Wrist Anatomy
Wrist Fusion

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