

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

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 Bunions)
- 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

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

PATIENT NAME:

A Patient's Guide To:

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

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

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A Patient's Guide To:

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

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