

Interactive Sessions

Explore patient education at your own pace. These self-guided reading sessions bring together existing articles and orthopedic handouts. Choose a topic, read the linked resources, and note questions for your clinician.

Start with the guides

- Orthopedic conditions and handouts
- Patient Information library

Ankle and foot reading

- Achilles tendon injuries
- Ankle arthritis
- Ankle sprains
- Foot strains
- Haglund's deformity
- Metatarsalgia (forefoot pain)
- Stress fractures

Hip and elbow reading

- Femoroacetabular impingement (FAI)
- Greater trochanteric pain syndrome
- Hip fractures
- Osteochondritis dissecans (OCD) of the elbow

Cast care

- Protecting your foot in a cast
- Cast maintenance
- Proper cast care

Articles to explore

- Tom Cruise and ankle injury recovery
- Fishing, boating and back pain
- Browse the sports medicine articles

Questions for your next visit

As you read, write down any unfamiliar terms and the activities or concerns you want to

discuss. You might ask which information applies to your situation and what to consider before changing an activity or treatment.

These resources provide general education. Your clinician can help put them in the context of your own care.