

Orthopedic Conditions and Handouts

Use this orthopedic conditions guide to find educational handouts by body area. For the broader library, including general guidance, visit [Patient Information](#).

Ankle, foot and lower leg

- Achilles tendon injuries
- Ankle arthritis
- Ankle sprains
- Foot strains
- Flat feet (pes planus)
- Haglund's deformity
- Heel spurs
- Metatarsalgia (forefoot pain)
- Shin splints
- Stress fractures

Hip

- Femoroacetabular impingement (FAI)
- Greater trochanteric pain syndrome handout
- Hip fractures

Elbow, shoulder, wrist and hand

- Cubital tunnel syndrome
- Osteochondritis dissecans (OCD) of the elbow
- Tennis elbow
- Shoulder pain
- Rotator cuff injuries
- Carpal tunnel syndrome

Back and neck

- Low back pain
- Neck strain
- Cervical radiculopathy

Arthritis and injuries

- Gout

- Arthritis
- Sprains
- Strains

Cast care

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