Orthopaedic Patient Care Video Tips

The UF Orthopaedics and Sports Medicine is proud to provide this series of helpful video tips to prevent injuries and help those who have been injured on their road to recovery.

Orthopaedics Tip #1: When to Seek Orthopaedic Care
Orthopaedics Tip #2: How do I Prevent a Throwing Related Injury?
Orthopaedics Tip #3: Tips for Weight Maintenance
Orthopaedics Tip #4: Tips for a Proper Running Regimen
Orthopaedics Tip #5: When to seek care for Shoulder or Elbow Pain
Orthopaedics Tip #6: When to seek care for Fatigue and Ache in your Running Regimen
Orthopaedics Tip #7: How to select the proper running shoes
Orthopaedics Tip #8: Proper Hydration during your exercise routine
Orthopaedics Tip #9: When to seek care for Knee Pain
Orthopaedics Tip #10: How to prevent Sports Related Injuries in Youth Athletics
Orthopaedics Tip #11: How to recognize Overtraining Syndrome
Orthopaedics Tip #12: Strength Training helps achieve good muscle and bone strength
Orthopaedics Tip #13: How exercise can help those with Osteoarthritis

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