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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