

Patient Education

Published on Department of Orthopaedic Surgery and Sports Medicine » College of Medicine » University of Florida (<https://www.ortho.ufl.edu>)

Patient Education

We encourage our patients and guests alike to browse this special section of the OSMI website, dedicated to Patient Education!

Arthritis Education



Please visit the [Arthritis Foundation](#) website for downloadable patient brochures and animations of patient surgical procedures.

Osteoid Osteoma Education

Osteoid osteoma is a benign bone-forming tumor that does not turn malignant. The tumor can occur in any bone but usually appears in a person's legs, especially the femur, during childhood or young adulthood.

Visit our special OSMI [Osteoid Osteoma](#) education/information section.

Heads Up Concussion

All concussions are serious.

A concussion is a type of traumatic brain injury that causes chemical changes in the brain and sometimes results in stretching and damaging of the brain cells. Help protect your children and athletes from a serious brain or head injury. Learn more in our [Heads Up Concussion microsite](#).

Patient Information Manuals

The purpose of these guides is to provide you with more information as to what to expect along the road to recovery, and what you can do to prevent any complications and maximize your outcomes. Although the healthcare team will assist you in your recovery, **YOU AND YOUR FAMILY** are the most important members of the team. We believe knowledge and preparation as to what to expect pre- and post-operatively will make your recovery easier.

Hip Replacement Surgery

- [Total Joint Replacement Video Education Series](#)
- [Hip Replacement Surgery - Maximizing Your New Hip](#) (PDF)

Knee Replacement Surgery

- [Total Joint Replacement Video Education Series](#)
- [Knee Replacement](#)

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Knee Replacement Surgery

[Surgery - Maximizing Your New Knee\(s\)](#) (PDF)

Shoulder Arthroplasty Surgery

- [Shoulder Arthroplasty Surgery Patient Education Guides and Videos](#)
- [Shoulder Replacement Surgery - Maximizing Your New Shoulder\(s\)](#) (PDF)

Spine Injection and Treatment Procedures Pre-Procedure Patient Guides:

- [Spine Procedure Instructions with Required Injection Outcome Measures Paperwork](#) (PDF)
- [Non-Spine Procedure Instructions](#) (PDF)

BoneSmart Education



For for interactive Patient Education materials:

Be sure to visit the [American Academy of Orthopaedic Surgeons](#) website.

Scoliosis



Questions about Scoliosis and how it can affect you?

Visit [iScoliosis.com](#) for more information. Review some more [Pediatric Patient Education](#) information.

Early-Onset Scoliosis (EOS)

- What is Early-Onset Scoliosis?
- Is all EOS the same?
- Is scoliosis passed on to the child by parents or relatives?
- Is there something my child is doing that could be causing the curve in the spine?

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STOP (Sports Trauma and Overuse Prevention) Sports Injuries



There is a growing epidemic of preventable youth sports injuries that are dismantling kids' athletic hopes and dreams at an early age. In response, the [STOP Sports Injuries](#) campaign was created by a coalition of organizations and corporations to help prevent athletic overuse and trauma injuries in kids. In addition, a Council of Champions has been established that includes business, sports and medical leaders to actively engage youth sports parents, coaches, athletes and healthcare providers in sports injury prevention.

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