

# Management of Disease and Injury

## Orthopedic Pak

### Lifestyle

- How to Prevent Back Pain
- Managing Stress
- Muscles
- Preventing Traumatic Brain Injury

### Conditions, Diagnoses

- Arthritis - General
- Back Pain - Introduction to Pain Management
- Deep Vein Thrombosis
- Expressing Your Pain
- Fractures and Sprains and Treatment Options
- Fractures and Treatment Options
- Osteoarthritis
- Rotator Cuff Injuries
- Tennis Elbow and Surgical Treatment
- Spinal Cord Injury
- Vertebral Compression Fracture

### Diagnostics

- CAT Scan Guided Biopsy of a Spinal Lesion
- Cerebral Angiogram
- CT Scan
- Expressing Your Pain
- Lab Draws
- MRI (Magnetic Resonance Imaging)
- Myelogram
- Ultrasound
- X-Ray

### Medication

- Arixtra
- Coumadin - Introduction for New Users
- Coumadin - Review for Current Users
- Injections (see Treatment)
- Lovenox
- Medication Safety

### Treatment

- ACF (Anterior Cervical Fusion) -Hip Bone
- ACF - Banked Bone
- ACF - Banked Bone - Plating
- ACF - General
- ACF- Hip Bone - Plating
- ACF - Post Op Anterior
- Back Exercises
- Back Pain - Introduction to Pain Management
- Carpal Tunnel Release - Endoscopic
- Carpal Tunnel Release – Open
- Cervical Discectomy without Fusion
- Cervical Fusion - Posterior
- Cervical Laminectomy & Possible Disk Excision
- Cranioplasty
- Cubital Tunnel Surgery
- Epidural Injections
- Expressing Your Pain
- Facet Injections
- Fractures and Sprains & their Treatment Options
- Fractures and Treatment Options
- Hip Replacement
- Hip Replacement - Physical Therapy

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## Orthopedic Pak (continued)

- Hip Replacement - Preventing Post Op Complications
- Incision Care
- Intramuscular Injections
- Intrathecal Injections
- Knee Arthroscopy
- Knee Replacement
- Knee Replacement – Partial
- Knee Replacement - Physical Therapy
- Knee Replacement - Preventing Post Op Complications
- Knee Surgery - Open
- Lumbar Diskectomy – Endoscopic
- Lumbar Diskectomy - Minimally invasive
- Lumbar Diskectomy - Open
- Lumbar Diskectomy - Post Op
- Lumbar - Laminectomy & Possible Disk Excision
- Lumbar Laminectomy & Possible Disk Excision - Minimally invasive
- Massage Therapy
- Neck Exercises
- Neurosurgery, What Is
- Sacro-Iliac Injections
- Shoulder Arthroscopy
- Shoulder Replacement
- Shoulder Replacement - Preventing Post Op Complications
- Shoulder Surgery – Open
- Stellate Block
- Subcutaneous Injection
- Surgery for De Quervain's Tendonitis
- Surgery for Ganglion Cysts
- Tarsal Tunnel Release
- Tennis Elbow and Surgical Treatment
- Trigeminal Neuralgia
- Trigger Finger Surgery
- Trigger Point Injections

### Therapy

- Back Exercises
- Back Pain - Introduction to Pain Management
- Expressing Your Pain
- Hip Replacement - Physical Therapy
- Injections (see Treatment)
- Knee Replacement - Physical Therapy
- Massage Therapy
- Neck Exercises