

OrthoInfo Basics PDF Handouts

About Your Back

What are the parts of the spine?

The spine is a complex structure that allows you to stand upright. It is made up of 26 vertebrae, which are the bones of the spine. The vertebrae are stacked on top of each other, and they are held together by intervertebral discs. The discs are made of a soft, jelly-like substance called cartilage. The spine is also supported by muscles, ligaments, and tendons.

About Your Back

About Your Knee

What are the parts of the knee?

The knee is a complex joint that allows you to bend and straighten your leg. It is made up of the femur (thigh bone), tibia (shin bone), and patella (kneecap). The bones are held together by ligaments, which are bands of tissue that connect the bones. The knee is also surrounded by muscles, tendons, and cartilage.

About Your Knee

After Your Joint Replacement Surgery

What can I expect my early recovery?

After joint replacement surgery, you will need to follow a strict rehabilitation program. This includes taking pain medication, walking with a walker or crutches, and performing exercises to strengthen your muscles. It is important to follow your doctor's instructions carefully to ensure a successful recovery.

After Your Joint Replacement Surgery

Arthritis

What is arthritis?

Arthritis is a condition that causes inflammation in the joints. It can be caused by a variety of factors, including age, genetics, and autoimmune disease. There are many different types of arthritis, and each one has its own symptoms and treatment options.

Arthritis

Arthroscopy

What is arthroscopy?

Arthroscopy is a minimally invasive surgical technique that allows a doctor to examine and treat the inside of a joint. It is performed using a small incision and a camera. This procedure is often used to diagnose and treat conditions like ligament tears and meniscus damage.

Arthroscopy

Carpal Tunnel Syndrome

What is carpal tunnel syndrome?

Carpal tunnel syndrome is a condition that causes pain and numbness in the hand and wrist. It is caused by the compression of the median nerve as it passes through the carpal tunnel. Common causes include repetitive hand movements, pregnancy, and diabetes.

Carpal Tunnel Syndrome

Cast Care

What should I expect?

When you have a cast, it is important to take good care of it to prevent complications. This includes keeping the cast dry, checking for any signs of swelling or numbness, and avoiding anything that could scratch or irritate the skin. If you notice any problems, contact your doctor immediately.

Cast Care

Frozen Shoulder

What does frozen shoulder feel like?

A frozen shoulder, also known as adhesive capsulitis, is a condition that causes pain and stiffness in the shoulder. It is caused by the thickening and tightening of the capsule that surrounds the shoulder joint. Symptoms include difficulty moving the shoulder and pain, especially at night.

Frozen Shoulder

Getting Ready for Joint Replacement

How will I know when to get ready?

Before joint replacement surgery, you will need to prepare your body and home. This includes stopping certain medications, quitting smoking, and losing weight if necessary. You will also need to arrange for transportation and help at home during your recovery.

Getting Ready for Joint Replacement

Herniated Disk

What parts of your spine are affected?

A herniated disk is a condition that occurs when the soft tissue inside a vertebra pushes through a crack in the outer shell. This can cause pain and numbness in the back and limbs. Common causes include age-related wear and tear, injury, and lifting heavy objects incorrectly.

Herniated Disk

Hip Osteoarthritis

What is hip osteoarthritis?

Hip osteoarthritis is a degenerative joint disease that causes pain and stiffness in the hip. It is caused by the breakdown of the cartilage that cushions the ends of the bones in the hip joint. Symptoms include pain, swelling, and difficulty moving the hip.

Hip Osteoarthritis

Knee Osteoarthritis

What is knee osteoarthritis?

Knee osteoarthritis is a degenerative joint disease that causes pain and stiffness in the knee. It is caused by the breakdown of the cartilage that cushions the ends of the bones in the knee joint. Symptoms include pain, swelling, and difficulty moving the knee.

Knee Osteoarthritis

Low Back Pain

What parts of the spine are affected?

Low back pain is a common condition that causes discomfort and difficulty moving. It can be caused by a variety of factors, including muscle strain, herniated disk, and osteoarthritis. Symptoms include pain in the lower back, which may radiate to the legs.

Low Back Pain

Osteoporosis

What is osteoporosis?

Osteoporosis is a condition that causes bones to become weak and brittle. It is caused by a loss of bone density over time. This can lead to fractures, especially in the hip, spine, and wrist. Risk factors include age, gender, and diet.

Osteoporosis

Plantar Fasciitis

What causes plantar fasciitis?

Plantar fasciitis is a condition that causes pain and inflammation in the plantar fascia, a band of tissue that runs along the bottom of the foot. It is often caused by repetitive stress on the foot, such as from standing for long periods or wearing high-heeled shoes.

Plantar Fasciitis

Rotator Cuff Tears

What is a rotator cuff tear?

A rotator cuff tear is a condition that causes pain and weakness in the shoulder. It is caused by a tear in one or more of the four muscles that form the rotator cuff. Symptoms include pain, swelling, and difficulty moving the shoulder.

Rotator Cuff Tears

Scoliosis in Children

What is scoliosis?

Scoliosis is a condition that causes the spine to curve abnormally. It is most commonly diagnosed in children and adolescents. The curve can be mild or severe, and it may require treatment such as bracing or surgery.

Scoliosis in Children

For more information:

www.OrthoInfo.org/BasicsHandouts