

THE FIRST STEPS TO ORTHOPEDIC RECOVERY

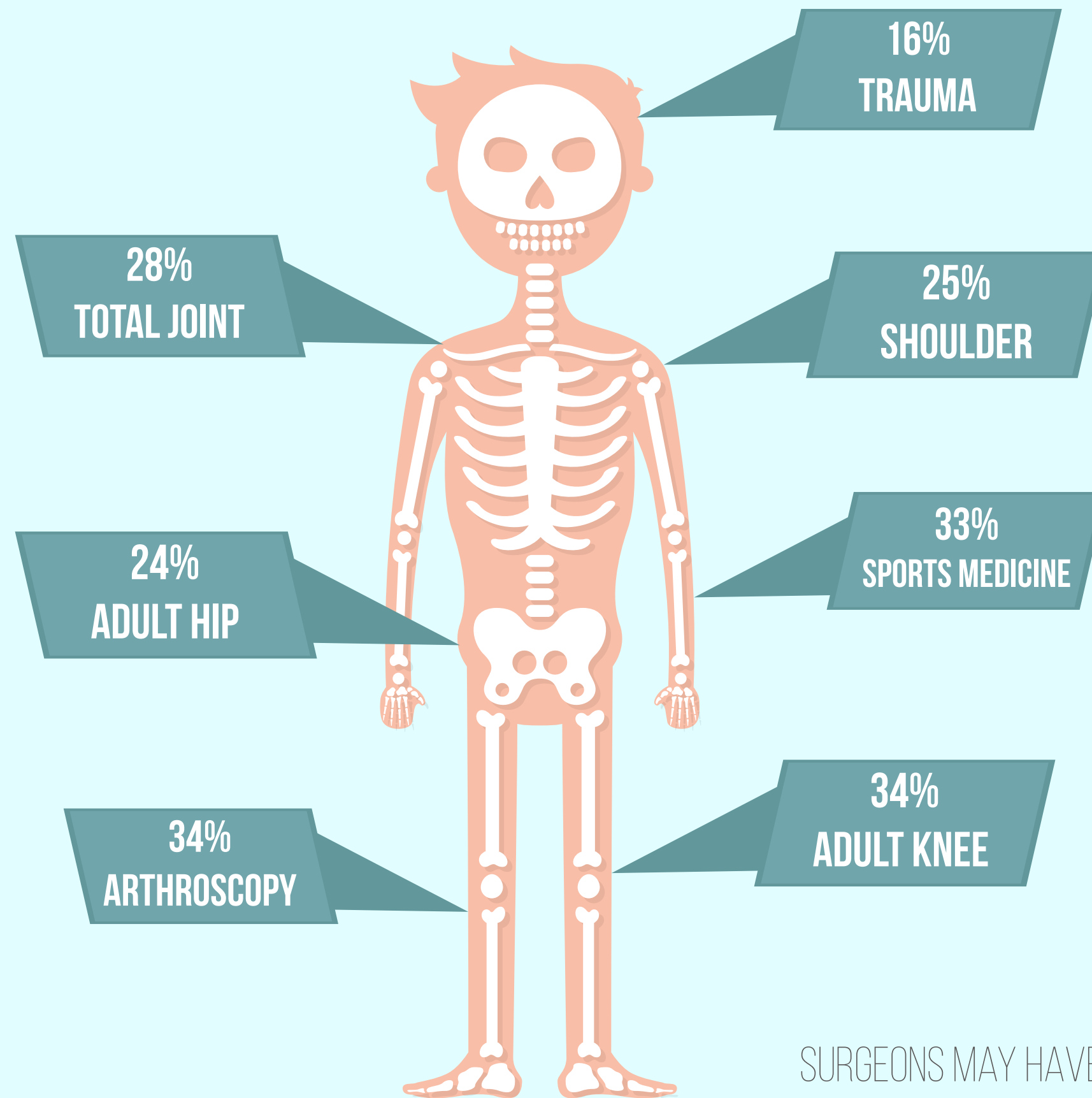
WEST IDAHO ORTHOPEDICS AND SPORTS MEDICINE



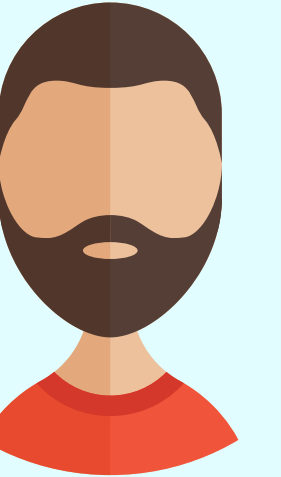
QUICK FACTS

SPORTS AND RECREATIONAL ACTIVITIES MAKE UP **21%** OF ALL TRAUMATIC BRAIN INJURIES AMONG CHILDREN

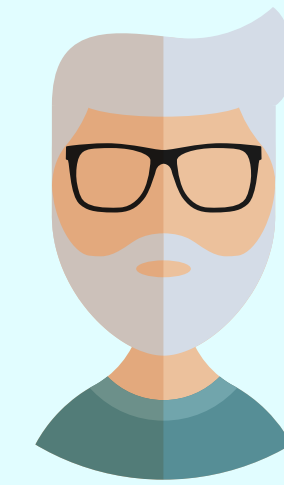
ORTHOPEDIC PRACTICES, BY PERCENT



NEARLY **15%** OF ALL ORTHOPEDIC SURGEONS ARE UNDER 40



WHILE, OVER **30%** OF ORTHOPEDIC SURGEONS ARE OVER 60



OVERUSE INJURY IS RESPONSIBLE FOR OVER **HALF** OF ALL SPORTS INJURIES IN MIDDLE-TO-HIGH SCHOOL STUDENTS



SURGEONS MAY HAVE SELECTED MORE THAN ONE SPECIALTY, SO TOTAL DOES NOT EQUAL 100%

HOW TO AVOID ORTHOPEDIC PROBLEMS



HOW TO PREVENT SHOULDER PAIN

YOUR SHOULDER HAS THE WIDEST RANGE OF MOTION OF ANY JOINT IN YOUR BODY

A FEW TIPS ARE:

1. LIMIT YOUR TOTAL USE (DAILY)
2. EAT FISH
3. STRETCH BEFORE EXERCISING



HOW TO PREVENT ARTHRITIS

YOUR JOINTS ARE CONSTANTLY IN USE, AND ARE IMPORTANT TO KEEP HEALTHY

A FEW TIPS ARE:

1. EAT FISH
2. CONTROL YOUR WEIGHT
3. EXERCISE
4. AVOID INJURY
5. PROTECT YOUR JOINTS



HOW TO PREVENT SPORTS INJURIES

THOUGH YOU CANNOT FULLY PROTECT YOURSELF FROM ACCIDENTS, YOU CAN BE CAUTIOUS OF SPORTS RELATED INJURIES

A FEW TIPS ARE:

1. STRETCH BEFORE EXERCISE
2. GIVE YOURSELF BREAK-TIME DURING EXERCISE
3. BE AWARE OF YOUR SURROUNDINGS

CONTACT WEST IDAHO ORTHOPEDICS TODAY

THE FIRST STEPS TO ORTHOPEDIC RECOVERY



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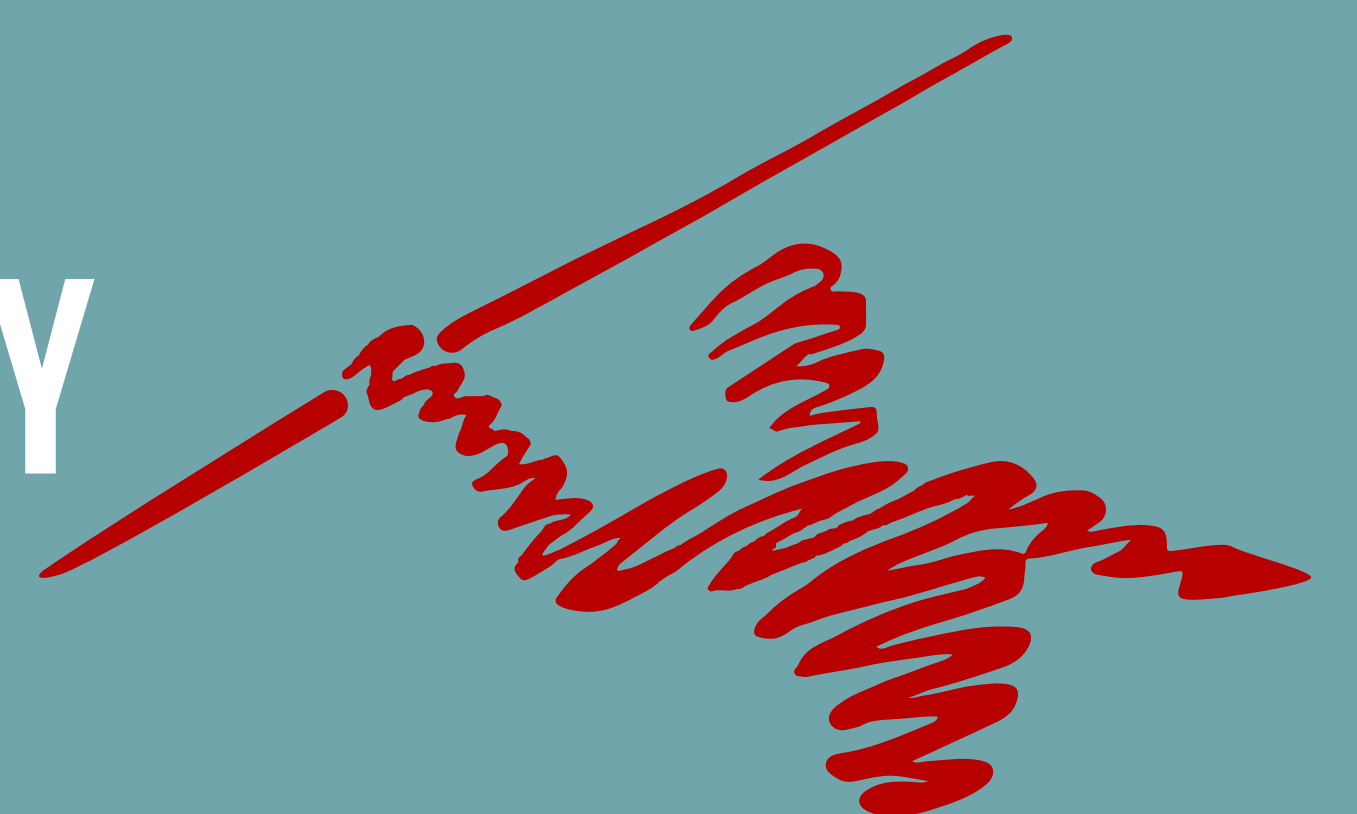
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