

WILL THEY
THINK IT'S
AS MUCH FUN
ONCE THEY
LEARN IT'S
ACTUALLY GOOD
FOR THEM?



Childhood activities like running, jumping and other weight-bearing activities are great ways for kids to build healthy bones. Which is important. Because childhood is the only time kids have to achieve "peak-bone mass" before adulthood. But don't tell them that. For more on how kids can keep bones healthy, visit aaos.org, or call 1-800-824-BONES. Or for physical education tips, visit aahperd.org/naspe, or call 703-476-3410.

AMERICAN ACADEMY OF
ORTHOPAEDIC SURGEONS
NATIONAL ASSOCIATION FOR
SPORT & PHYSICAL EDUCATION

Get up. Get out. Get moving.

NOT ONLY
ARE WE
MAKING JOINT
REPLACEMENTS
EASIER TO
PERFORM, WE'RE
ALSO MAKING
THEM EASIER
TO AVOID.

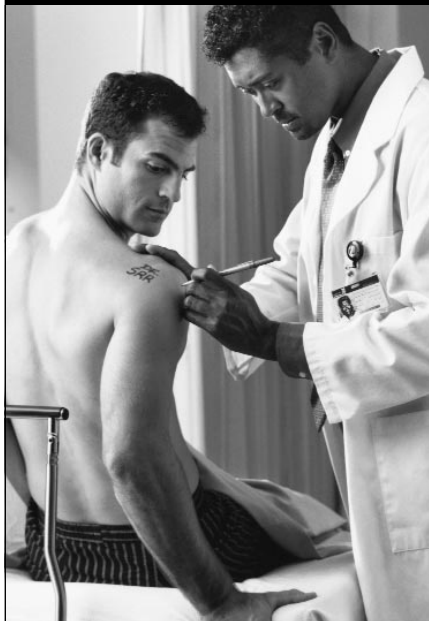


Some of the greatest strides in joint replacement have been made away from the operating room—due largely to innovations in orthopaedic research. In fact, thanks to research, the science of preventing injuries has become nearly as advanced as the science of treating them. To learn more on how you can benefit from orthopaedic research, visit oref.org, or call 1-847-698-9980. Or, visit aaos.org, or call 1-800-824-BONES to learn more about keeping bones healthy.

AMERICAN ACADEMY OF
ORTHOPAEDIC SURGEONS
ORTHOPAEDIC RESEARCH AND
EDUCATION FOUNDATION

It all begins with research.

ONE OF THE
MOST PROMISING
NEW SURGICAL
PROCEDURES IS
PERFORMED WITH
A FELT-TIP MARKER.



It's called "Sign Your Site," when surgeons sign their initials on the site where surgery should be performed as the patient watches and verifies. That way, there's less chance of operating on the wrong arm, hip, shoulder or knee. Orthopaedic surgeons are pushing to make it standard operating procedure, and you should too. After all, scalpels don't come with erasers. To learn more, visit aaos.org, or call 1-800-824-BONES.

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Patient safety is no accident.