

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



Normal childhood activities like running and jumping are great ways to build healthy bones and achieve "peak-bone mass" for adulthood. But don't tell them that. For more on keeping 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.



Thanks to orthopaedic research, the science of preventing injuries has become nearly as advanced as the science of treating them. For more on the latest advances in orthopaedic research, visit oref.org, or call 1-847-698-9980. Or, to learn about keeping your bones healthy, visit aaos.org, or call 1-800-824-BONES.

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. To learn more, visit aaos.org, or call 1-800-824-BONES.

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Patient safety is no accident.