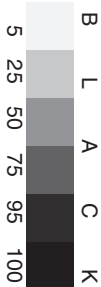


With hip or knee pain, even a flight of stairs needs conquering.

With chronic hip or knee pain, everyday tasks become epic challenges. But today, new developments in orthopaedics are reducing pain and improving quality of life outcomes in more ways than ever. For more information, visit aahks.org or orthoinfo.org.



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There's a secret to beating injuries. Get the right team.

Facing a nagging injury alone can be daunting. How can you be sure you're pursuing the best course of treatment? For advanced information on treating and preventing injuries, visit the experts at nata.org or orthoinfo.org.

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National Athletic
Trainers' Association

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Got questions for your doctor? Write them down.

Better health care is all about communicating. Insist on discussing, and understanding, all treatment options with your physician, so you can collaborate to make the best decisions. A public service message from the American Academy of Orthopaedic Surgeons, where *Patient Centered Care* means getting better together.



www.orthoinfo.org

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Young elbows need special attention. Or they can lead to old elbow injuries.

Children are not just small adults. Their bones and joints are still growing and need special care when injured or over-used. For help on treating and preventing childhood injuries, visit the Pediatric Orthopaedic Society of North America (posna.org) or the American Academy of Orthopaedic Surgeons (orthoinfo.org).



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