

Orthoanswers Patient Information Links

Neck (Cervical spine) and lower back (lumber spine)

Broken Bones and Injuries

[Cervical Fracture](#), [Fracture of the Thoracic and Lumbar Spine](#), [Spondylolysis and Spondylolisthesis](#), [Neck Sprain](#), [Whiplash](#)

Diseases and Syndromes

[Ankylosing Spondylitis](#), [Disk herniation \(slipped disk\)](#), [Lumbar Spinal Stenosis](#), [Spondylolysis and Spondylolisthesis](#), [Congenital Torticollis \(Twisted Neck\)](#), [Kyphosis \(Roundback\) of the Spine](#), [Scoliosis in Children and Adolescents](#), [Back Pain in Children](#), [Cauda Equina Syndrome](#), [Cervical Radiculopathy](#), [Cervical Spondylosis](#), [Low Back Pain](#), [Neck Pain](#), [Sciatica](#)

Treatment and Rehabilitation

Nonsurgical Treatment

[Medication](#), [Spinal Injections](#)

Surgical Treatments

[Disk Surgery](#), [Lumbar Spine Fusion](#)

Prevention and Safety

[Backpack Safety](#), [Preventing Back Pain at Work and at Home](#)

Pelvis and Hip

Broken Bones and Injuries

[Hip Fractures](#), [Femur Fractures](#), [Pelvis Fractures](#), [Hip Dislocation](#), [Hip Strains](#), [Thigh Strains](#)

Diseases and Disorders

[Femoroacetabular Impingement](#) (FAI - Hip Impingement), [Hip Bursitis](#) (trochanteric bursitis), [Labral Tears](#), [Ligamentum Teres Tears](#), [Loose Bodies](#), [Meralgia Paraesthetica](#), [Osteoarthritis of the Hip](#), [Osteonecrosis of the Hip](#), [Sacroiliitis](#), [Snapping Hip syndrome](#), [Developmental Dysplasia of the Hip \(DDH\)](#), [Perthes Disease](#), [Slipped Upper Femoral Epiphysis](#)

Treatment | Operations and Surgery

[Dynamic Hip Screws](#), [Hip Replacement](#), [Total Hip Replacement](#), [Revision Hip Replacement](#), [Hip hemiarthroplasty](#), [Hip Arthroscopy](#), [Intramedullary Nails](#), [Trochanteric Bursectomy with Iliotibial Band Release](#)

Treatment | Rehabilitation and Physiotherapy

[General Rehabilitation in Physiotherapy](#), [Exercises After Hip Replacement](#)

Prevention and Safety

[Preventing Falls and Broken Hips](#)

Shoulder, elbow and arm

Broken Bones and Injury

[Broken Arm - general advice](#), [Clavicle \(Collarbone\) fractures](#), [Humerus \(Arm\) fractures](#), [Elbow fractures](#), [Monteggia Fracture-Dislocations](#), [Radial Head fractures](#), [Radius and Ulna \(forearm\) fractures](#), [Elbow fractures in children](#), [Radius and Ulna \(forearm\) fractures](#), [Biceps Tendon Tear at the Elbow](#), [Biceps Tendon Tear at the Shoulder](#), [AC \(Acromioclavicular\) Joint Dislocation](#), [Shoulder Dislocation](#), [Elbow Dislocation](#)

Diseases and Syndromes

[AC Joint Arthritis](#), [Arthritis of the Shoulder](#), [Biceps Tendonitis](#), [Frozen Shoulder \(Adhesive Capsulitis\)](#), [Rotator Cuff Tendinitis](#), [Rotator Cuff Tear](#), [Shoulder Bursitis](#), [Shoulder Impingement](#), [Shoulder Instability](#), [Thoracic Outlet Syndrome](#), [Golfer's Elbow \(Medial Epicondylitis\)](#), [Olecranon Bursitis \(Elbow bursitis\)](#), [Osteoarthritis of the Elbow](#), [Osteochondritis Dissecans of the Elbow](#), [Tennis Elbow \(Lateral Epicondylitis\)](#)

Treatment and Rehabilitation

[Arthroscopic Shoulder Stabilisation](#), [AC Joint Excision](#), [Biceps Tenodesis](#), [Elbow Replacement](#), [Reverse Shoulder Replacement](#), [Rotator Cuff Repair](#), [Shoulder Arthroscopy](#), [Shoulder Joint Replacement](#), [Subacromial Decompression](#)

Postoperative Care

[Slings: How to use a sling](#)

Wrist and hand

Broken Bones and Injuries

[Distal Radius Fracture](#), [Scaphoid Fractures](#), [Wrist Fractures](#)

Diseases and Syndromes

[Carpal Tunnel Syndrome](#), [Dupuytren's Contracture](#), [Complex Regional Pain Syndrome](#), [Ulnar Tunnel Syndrome of the Wrist](#), [Arthritis of the Wrist](#), [De Quervain's Tendinitis](#), [Ganglion \(Cyst\) of the Wrist](#), [Kienböck's Disease](#), [Arthritis of the Thumb](#)

Treatment and Rehabilitation

[Wrist Arthroscopy](#), [Fixation of Distal Radial Fractures](#), [Fixation of Scaphoid Fractures](#), [Carpal Tunnel Release](#)

Knee and leg

Broken Bones and Injury

[Shinbone \(Tibia\)Fractures](#), [Patella \(Kneecap\) Fractures](#), [Anterior Cruciate Ligament \(ACL\) Injuries](#), [Medial Collateral Ligament Injury](#), [Meniscal Tear](#), [Lateral Collateral Ligament Injury](#), [Posterior Cruciate Ligament \(PCL\) Injury](#), [Unstable Kneecap](#)

Diseases and Disorders

[Baker's Cyst](#), [Bowed Legs in Children](#), [Blount's Disease](#), [Chondromalacia Patella](#), [Compartment Syndrome](#), [Knee Bursitis](#), [Knee Effusion](#), [Leg Length Discrepancy](#), [Meniscus tear](#), [Osgood-Schlatter Disease](#), [Osteoarthritis of the Knee](#), [Osteonecrosis of the Knee](#), [Patellar Tendinitis \(Jumper's Knee\)](#), [Patellofemoral arthritis](#), [Shin splints](#)

Treatment and Rehabilitation

[ACL reconstruction](#), [Unicompartmental Knee Arthroplasty](#), [Knee arthroscopy](#), [Total Knee Replacement](#), [Revision Knee Replacement](#)

Postoperative Care

[Care of Casts and Splints](#), [How to Use Crutches, Canes and Walkers](#),

Foot and ankle

Broken Bones and Injury

[Fifth Metatarsal](#), [Ankle](#), [Calcaneus](#), [Talus](#), [Tibial Plafond \(Pilon\)](#), [Toes](#), [Stress Fractures](#), [Children's ankle](#), [Ankle dislocation](#), [Subtalar dislocation](#), [LisFranc dislocation](#), [Achilles Tendon Rupture](#), [Sprained Ankle](#), [Syndesmosis Sprain](#), [Turf Toe | Sprain in the Big Toe](#)

Diseases and Disorders

[Achilles Tendinitis](#), [Ankle Arthritis](#), [Ankle Instability \(Chronic\)](#), [Arthritis in the Big Toe \(Hallux Rigidus\)](#), [Bunions \(Hallux Valgus\)](#), [Charcot Marie Tooth Disease](#), [Claw Toes](#), [Diabetic Foot](#), [Heel Pain | Fat Pad Contusion](#), [Flatfoot \(Pes Planus\)](#), [Gout & Psuedogout](#), [Hammer Toe](#), [Mallet Toe](#), [Metatarsalgia](#), [Morton's Neuroma](#), [Rheumatoid Foot](#), [Plantar Fasciitis](#), [Sesamoiditis and Sesamoid Injury](#), [Tarsal Coalition](#), [Tibialis Posterior Dysfunction](#), [Clubfoot \(Tallipes\)](#), [Freiberg's Disease](#), [Metatarsus Adductus](#)

Treatment | Operations and Surgery

[Achilles Tendon Repair](#), [Ankle Arthroscopy](#), [Ankle Arthrodesis \(fusion\)](#), [Arthrodesis \(fusion\) of the Big Toe](#), [Foot Arthrodesis - Hindfoot](#), [Ankle Replacement](#), [Bunion surgery](#), [Cheilectomy](#), [Hammer Toe Correction](#), [Lateral Ankle Reconstruction for Ankle Instability](#), [Surgery for Ankle Fractures](#), [Surgery for Jones Fractures](#)

Rehabilitation and Physiotherapy

[General Information](#), [Rehabilitation after Ankle Sprain](#), [Weight-Bearing during Rehabilitation](#)

Prevention and Safety

[Footwear in Orthopaedics](#), [Orthotics](#), [Modified Shoes](#), [Preventing adolescent injuries](#), [Athletes avoiding injury](#), [Avoiding injury in the older person](#)