

Hughston Health Alert

Categories:

Ageless Athlete

Arthritis

Back

Bones

Cardiovascular/Blood Pressure

Children and Adolescents

Elbow

Environmental Injuries

Equipment Review

Exercise /Recreation

Cycling

Golf

Running/Walking

Water Activities

Weight Training/Lifting

Foot and Ankle

Hand and Wrist

Hip

Knee

Medical and General Interest

Medicine in Sports

Baseball/Softball

Basketball

Cheerleading/Gymnastics

Football

Winter Sports

Soccer

Tennis

Wrestling

Neck

Nutrition

Olympic Events

Oral Medications/Injections

Rehabilitation

Shoulder

Steroids/Alcohol/Tobacco

Surgery

Weight Management

Work-Related

Ageless Athlete

Sleep Apnea and Athletic Performance Joseph Kelly, DO	<u>Spring 2019</u>
An Exercise Program for Your Later Years Daniel Kraushaar, PT, CSCS	<u>Summer, 2005</u>
Aquatic Exercise for People with Arthritis Dana Bridges, PT, ATC	<u>Winter, 1997</u>
Walking by Old Age: "A walk a day keeps the doctor away" R. Todd Dombroski, DO	<u>Summer, 1994</u>
Activities for the Ageless Athlete after Surgery Clark H. Cobb, MD	<u>Winter, 1993</u>
P.A.C.E., People with Arthritis Can Exercise LeAnn Thompson	<u>Summer, 1992</u>
Maintaining Lifelong Fitness: Changes in body composition, cardiovascular function, nutrition and exercise William Roundtree, MD	<u>Summer 1990</u>
Osteoporosis: "Bad breaks" of Aging - causes, signs, detection, prevention, and treatment Joe Jacko, MD	<u>Spring 1990</u>
Lifting: Are you prepared? Herb Silver, PT	<u>Fall, 1989</u>
Activities for Total Hip Replacement Carlton G. Savory, MD, FACS	<u>Summer, 1989</u>
Walking for Aerobic Exercise...fun or fitness? What's the bottom line? William C. Etchison, MS	<u>Spring, 1989</u>
Exercising After a Heart Attack: Target heart rate/40 min exercise John Henderson, DO	<u>Winter, 1989</u>

Arthritis

Spondyloarthropathies Gil Gomez, DO	<u>Spring 2019</u>
Hip Fractions in the Older Patients Matthew Heaton, MD	<u>Summer, 2013</u>
Glucosamine and Chondroitin: Can Supplements Help Your Knee Pain? Michael J. Maughon, Jr., MD	<u>Summer, 2012</u>
Corticosteroid Injections Erin Kawasaki, DO	<u>Spring, 2012</u>
Gout: Causes, Symptoms, and Treatment Gabriel Hommel, MD	<u>Winter, 2012</u>
Rheumatic Disease in Orthopaedic Patients Thomas N. Bernard, Jr., MD	<u>Spring, 2011</u>
Total Knee Replacement: Surgery for the severely arthritic knee (<i>reprint</i>) Carlton G. Savory, MD, FACS	<u>Fall, 2008</u>
Arthritis: An Overview Fred Flandry, MD, FACS	<u>Summer, 2008</u>
Arthritis Medications: What you need to know James (Win) Lyle, MD	<u>Winter, 2007</u>
Osteoarthritis: Myths and realities James E. McGrory, MD	<u>Fall, 2006</u>
Drug Therapy and Arthritis: Non-Steroidal anti-inflammatory drugs Nancy Chaffee, RPh, MSHA	<u>Fall, 2006</u>

Osteoarthritis Pain: Should you give injections a shot? Garland K. Gudger, MD	<u>Fall, 2006</u>
Glucosamine Sulfate and Chondroitin Sulfate (Recourse: The Arthritis Foundation)	<u>Fall, 2006</u>
Glucosamine Sulfate and Chondroitin Sulfate: Do they help relieve pain due to osteoarthritis?	<u>Fall, 2000</u>
A New Class of Arthritis Drugs Seth Feldman, DO	<u>Summer, 1999</u>
Aquatic Exercise for People with Arthritis Dana Bridges, PT, ATC	<u>Winter, 1997</u>
Living with Arthritis Carlton G. Savory, MD, FACS	<u>Winter, 1996</u>
Total Knee Replacement: Surgery for the severely arthritic knee Carlton G. Savory, MD, FACS	<u>Winter, 1993</u>
Arthritis: An overview Fred Flandry, MD, FACS	<u>Summer, 1992</u>
Osteoarthritis Robert Fowler, MD	<u>Summer, 1992</u>
Rheumatoid Arthritis Paul Baumert, MD	<u>Summer, 1992</u>
P.A.C.E., People with Arthritis Can Exercise LeAnn Thompson	<u>Summer, 1992</u>
Research - Hylan Gel David Curd, MS	<u>Summer, 1991</u>
 <i>Back</i>	
Minimally Invasive Spinal Surgery: At a glance Todd C. Bonvallet, MD	<u>Winter 2018</u>
I Have Scoliosis, Which Sports Can I Play? Chelsea Adams, LAT, ATC, and Morgan Carr, MS, LAT, ATC	<u>Spring 2017</u>
The Role of Spinal Decompression Traction Therapy in Managing Low Back Pain L. Keith Aspinwall, DC	<u>Winter, 2014</u>
Advances in Treating the Spine Thomas N. Bernard, Jr., MD	<u>Summer, 2013</u>
Tennis and Back Pain Tom Boers, PT	<u>Summer, 2012</u>
Corticosteroid Injections Erin Kawasaki, DO	<u>Spring, 2012</u>
Women's Softball Injuries Champ L. Baker III, MD	<u>Fall, 2010</u>
Rehabilitation for Low Back Pain Christie Thames, PT, DPT, HFS	<u>Spring, 2010</u>
Low Back Pain and Hamstring Stretching: Can stretching ever be a bad thing? Christie Thames, PT, DPT, HFS	<u>Winter, 2010</u>
Low Back Pain Eric Kuhlenberg, PT	<u>Fall, 2009</u>
Extreme Lateral Interbody Fusion John D. Dorchak, MD	<u>Spring, 2009</u>
The Anatomy of Low Back Pain Thomas N. Bernard, Jr., MD	<u>Spring, 2008</u>
Managing Disorders of the Spine: Past, present, and future Thomas N. Bernard, Jr., MD	<u>Winter, 2008</u>

Artificial Disc Replacement in the Lumbar Spine: Are you a candidate? Thomas R. Walsh, MD	<u>Spring, 2006</u>
A History of Lumbar Fusion J. Kenneth Burkus, MD	<u>Spring, 2006</u>
Compression Fractures of the Spine: New treatment of an old problem John D. Dorchak, MD	<u>Spring, 2006</u>
Recovering from Spine Surgery William D. Jones, MS, PT	<u>Spring, 2006</u>
The Anatomy of Low Back Pain Thomas N. Bernard, Jr., MD	<u>Winter, 2006</u>
Sacroiliac Joint Dysfunction: A common cause of back pain William D. Jones, MS, PT	<u>Winter, 2006</u>
Back Pain Bobbi A. Farber, MD	<u>Winter, 2006</u>
Spinal Injections: Oh, my aching back Bobbi A. Farber, MD	<u>Winter, 2005</u>
The Worker and Low Back Pain Eric Kuhlenberg, PT	<u>Summer, 2004</u>
Degenerative Disc Disease: When is surgery needed? J. Kenneth Burkus, MD	<u>Spring, 2003</u>
Preventing Back Injuries: Lifting techniques & strengthening exercises Bill Jones PT; and Mike Balkcum, PT	<u>Winter, 2003</u>
Rehabilitation of the Sacroiliac Joint (<i>reprint</i>) William D. Jones, PT, CSCS	<u>Winter, 2003</u>
The Sacroiliac Joint: When your back's against the wall (<i>reprint</i>) Thomas N. Bernard, Jr., MD	<u>Winter, 2003</u>
What is a Corticosteroid Epidural Injection? Jefferey Deloach, DO	<u>Fall, 2001</u>
Lumbar Pain in Golfers Babette Smith, PT	<u>Summer, 2001</u>
Managing Low Back Pain: A challenge for the next millennium Thomas N. Bernard, Jr., MD	<u>Winter, 2000</u>
Exercise Your Back Back to Health Mike Balkcum, PT	<u>Winter, 2000</u>
Braced for Back Pain: Developments in back supports William Anderson, CO	<u>Winter, 2000</u>
Spinal Injections: Getting to the source of your pain Douglas T. Cannon, MD	<u>Winter, 2000</u>
Spinal Injuries in Adolescent Athletes Lawrence D. Powell, MD	<u>Fall, 1999</u>
The Sacroiliac Joint: When your back's against the wall Thomas N. Bernard, Jr., MD	<u>Fall, 1998</u>
Rehabilitation of the Sacroiliac Joint William D. Jones, PT, CSCS	<u>Fall, 1998</u>
Preventing Back Injuries. Lifting techniques and strengthening exercises Bill Jones, PT; and Mike Balkcum, PT	<u>Summer, 1997</u>
Ask the Doctor - What is an epidural injection and how does it help low back pain? Reuben Sloan, MD	<u>Winter, 1997</u>
Low Back Pain: New guidelines for treatment Herb Silver, PT, ECS	<u>Winter, 1996</u>
Sacroiliac Joint Dysfunction in Athletes	<u>Summer, 1995</u>

William D. Jones, PT Arthroscopic Microdiscectomy: New surgery for low back pain John D. Dorchak, MD	<u>Spring, 1995</u>
Idiopathic Scoliosis: Why some children's backs grow crooked Douglas G. Browning, MD, ATC	<u>Fall, 1993</u>
Congenital and Secondary Scoliosis: Scoliosis from known causes Thomas N. Bernard, Jr., MD	<u>Fall, 1993</u>
Operations for Scoliosis J. Kenneth Burkus, MD	<u>Fall, 1993</u>
Scoliosis Screening William Clemmons, PAC	<u>Fall, 1993</u>
Bracing for Scoliosis J.M. Anderson, CO	<u>Fall, 1993</u>
Low Back Pain: Current methods of evaluation and treatment "oh my aching back" Thomas N. Bernard, Jr., MD	<u>Fall, 1990</u>
One Symptom, Many Causes Thomas N. Bernard, Jr., MD	<u>Fall, 1990</u>
Sacroiliac Dysfunction Herb Silver, PT	<u>Fall, 1990</u>
Spondylolisthesis: Back pain in adolescent athletes Richard Nasca, MD	<u>Fall, 1990</u>
Spinal imaging: Evolving methods for evaluating back pain Sandra McCann, MD; and Fred Flandry, MD, FACS	<u>Fall, 1990</u>
Training for a Better Lifestyle: Stretch, walk for back fitness Barney Poole, MEd, PT, ATC	<u>Fall, 1990</u>
When is Surgery Necessary to Relieve Low Back Pain? Max E. Burr, MD	<u>Fall, 1990</u>
Spinal Stenosis Richard Nasca, MD	<u>Fall, 1990</u>
The Lumbosacral Corset Bruce O'Brien, CPO, J.E. Hanger, Inc.	<u>Fall, 1990</u>
Research - Dorsal column stimulator Bill Clemmons, PA-C	<u>Fall, 1990</u>

Bones

Traumatic Patellar Dislocation George B. Sutherland, MD	<u>Spring 2018</u>
Hughston Orthopaedic Trauma: Filling the Void John C. P. Floyd, MD, FACS	<u>Winter 2018</u>
Chondral and Osteochondral Lesions: An overview of treatments for the knee Dan Morris, DO	<u>Fall 2017</u>
What is Damage Control Orthopedics Raymond Long, MD	<u>Summer 2017</u>
Hamate Fractures Darren Barton, DO	<u>Summer 2017</u>
Pediatric Forearm Fractures: When Both Bones Break Jake Gudger, MD	<u>Spring 2017</u>
I Have Scoliosis, Which Sports Can I Play? Chelsea Adams, LAT, ATC, and Morgan Carr, MS, LAT, ATC	<u>Spring 2017</u>
Bone Grafting: An Essential Guide Thomas N. Bernard, Jr., MD	<u>Winter, 2017</u>

Getting the Facts on Fragility Fractures Aaron D. Schrayner, MD	<u>Fall, 2016</u>
Growth Plate Fractures of the Femur: Distal Femoral Physeal Fractures Matthew D. Longacre, MD	<u>Winter, 2016</u>
Tibial Tubercle Fracture: An Unusual Fracture Danielle McCoy, ATC and Keith Justice, ATC	<u>Summer, 2015</u>
Tibial Stress Fractures John Arnold, MD, MPH	<u>Spring, 2014</u>
Ilizarov Technique J. Matthew Heaton, MD	<u>Spring, 2014</u>
Assessing & Training Osteoporosis: Separating Medical Knowledge from Common Notions Steven B. Leichter, MD, FACP, FACE	<u>Summer, 2013</u>
Smoking & Musculoskeletal Health John Arnold, MD, MPH	<u>Spring, 2013</u>
Assessing and Treating Osteoporosis: Separating Medical Knowledge from Common Notions Steven B. Leichter, MD, FACP, FACE	<u>Fall, 2012</u>
Fractures and Proton Pump Inhibitors Gabriel Hommel, MD	<u>Fall, 2011</u>
Unicameral Bone Cysts in Children Benjamin P. Debelak, DO	<u>Summer, 2011</u>
Osteoporosis James Larson III, MD	<u>Summer, 2011</u>
Caring for Your Fracture Gabriel Hommel, MD	<u>Summer, 2011</u>
Osteoporosis: Am I at risk? (<i>reprint</i>) Clark H. Cobb, MD	<u>Summer, 2008</u>
Improved Techniques for the Treatment of Wrist Fractures David C. Rehak, MD	<u>Winter, 2008</u>
Ankle Fractures Robert J. McAlindon, MD	<u>Spring, 2007</u>
Distal Radius Fracture David C. Rehak, MD	<u>Spring, 2007</u>
Wrist Fracture Therapy Linda Moore, OTR/L, CHT	<u>Spring, 2007</u>
Stress Fractures of the Hip in Young Athletes Robert Smith, MD	<u>Spring, 2007</u>
Stabilizing and Protecting a Fracture Jay Grahm, COT	<u>Spring, 2007</u>
Treatment for Osteoporosis: Fragile bone disease Bobbi A. Farber, MD	<u>Winter, 2007</u>
Osteoporosis: A fragile-bone disease Bobbi A. Farber, MD	<u>Winter, 2005</u>
What is Osteoporosis? John M. Henderson, DO, FAAFP	<u>Summer, 2002</u>
How Do I Know if I Have Osteoporosis? Testing for bone loss Kristyn Fagerberg, MD	<u>Summer, 2002</u>
What Can Be Done About Osteoporosis: Prevention and treatment Clark H. Cobb, MD	<u>Summer, 2002</u>
Test Your Osteoporosis IQ Ashley Holloway, MS	<u>Summer, 2002</u>

Water Works: Aquatic therapy for osteoporosis Shannon B. Luca, PTA; and John M. Henderson, DO, FAAFP	<u>Summer, 2002</u>
What is a Fracture? Fracture descriptions and classifications William D. Terrell, MD	<u>Spring, 2002</u>
The Hard Facts of Casting: Protecting injured bones Jay Graham, OTC	<u>Spring, 2002</u>
Physical Therapy for Cast Immobilization William Larkin, SPT; and James A. Mullennax, MS, PT	<u>Spring, 2002</u>
Osteochondral Fractures of the Knee and Ankle Timothy F. Peters, DO, MS, and Champ L. Baker, Jr., MD	<u>Fall, 2000</u>
Glucosamine Sulfate and Chondroitin Sulfate: Do they help relieve pain due to osteoarthritis? Douglas T. Cannon, MD, FAAPMR	<u>Fall, 2000</u>
Early Osteoarthritis, Exercise, and Joint Protection Teri L. LaSalle, MS, PT, ATC	<u>Fall, 2000</u>
Injections to Treat Osteoarthritis Thomas Chopp, MD	<u>Fall, 2000</u>
Osteoporosis: Am I at risk? Clark H. Cobb, MD	<u>Fall, 1999</u>
Screening Tests for Osteoporosis Kristyn Fagerberg, MD	<u>Fall, 1999</u>
Prevention and Treatment of Osteoporosis Clark H. Cobb, MD	<u>Fall, 1999</u>
Raloxifene: A new medication to fight osteoporosis William C. Etchison, MS; and David T. Curd, MS	<u>Fall, 1999</u>
Wrist Fractures Steven Niergarth, DO	<u>Spring, 1998</u>
Osteoporosis Steven C. Mares, MD	<u>Fall, 1997</u>
Preventing Osteoporosis Jessie G. Wright, MS, RD, LD	<u>Fall, 1997</u>
Drug Therapy for Osteoporosis Nancy J. Chaffee, R.P.H., MSH.A.	<u>Fall, 1997</u>
Research - Bridging the gaps in fracture repair David Curd, MS	<u>Summer, 1997</u>
Cervical Spine Fractures Larry Parker, MD	<u>Winter, 1997</u>
Problems That Can Occur During Fracture Healing Richard Johnston III, MD	<u>Winter, 1996</u>
Intramedullary Fixation of Fractures: When you don't have a leg to stand on! Timothy R. Stapleton, MD	<u>Spring, 1995</u>
Treatment of Hip Fractures in the Elderly Stephen C. Hunter, MD	<u>Spring, 1995</u>
Bone and Cartilage Substitution and Regeneration: Filling in the gaps David T. Curd, MS; and Todd A. Schmidt, MD	<u>Winter, 1995</u>
Preventing Hip Fractures: Play it safe! R. Todd Dombroski, DO	<u>Winter, 1995</u>
Osteotomies: Straightening legs to avoid replacing arthritic knees D. Allan Lanzo, MD	<u>Fall, 1994</u>
Nutrition and bone health Belinda Barron, RD, LD	<u>Fall, 1994</u>
Three Men, Three Fixators: New ways to fix broken bones	<u>Spring, 1994</u>

Fred Flandry, MD, FACS The External Fixator Michael Behr, MD	<u>Spring, 1994</u>
Not Just for Broken Bones: Bone lengthening and correction of deformity Todd A. Schmidt, MD	<u>Spring, 1994</u>
Bone Transports: Filling the gaps Fred Flandry, MD, FACS	<u>Spring, 1994</u>
Smoking: Can it affect bone healing? Joseph A. Martino, MD; and Angelo Galante, MD	<u>Spring, 1994</u>
Ask the Doctor - Can bone spurs be treated without surgery?	<u>Spring, 1993</u>
Children's Fractures: Can they cause growth problems? Todd A. Schmidt, MD	<u>Spring, 1992</u>
Stress Fractures Eduardo Robles, MD	<u>Spring, 1991</u>
Osteoporosis: "Bad Breaks" of Aging - causes, signs, detection, prevention, treatment Joe Jacko, MD	<u>Spring 1990</u>
The Ilizarov Technique: Russian technology improves treatment of fractures Richard Sanders, MD and Greg Hess, MD	<u>Spring, 1989</u>

Cardiovascular/Blood Pressure

Venous Thoracic Outlet Syndrome in Athletes Kathryn Cardinal, ATC, LAT	<u>Spring, 2014</u>
Sudden Cardiac Death Terri Van Horne, ATC and Rachelle Weisenburger, ATC	<u>Summer, 2013</u>
Sickle Cell Trait in Sports Jaclyn Jones, DO	<u>Summer, 2011</u>
Cardiovascular Training Shannon Bright, ATC	<u>Winter, 2010</u>
Surviving Sudden Cardiac Arrest Glenn C. Terry, MD	<u>Winter, 2002</u>
Mitral Valve Prolapse J. Ronald Hunt, MD	<u>Winter, 1991</u>
Hypertension (high blood pressure): Can exercise help? Ken Bielak, MD	<u>Winter, 1991</u>
Stress and Your Heart: Taking control of the risk William Roundtree, MD	<u>Winter, 1991</u>
Cardiac Arrhythmias and Exercise George Shannon, MD	<u>Winter, 1991</u>
Heart Disease: What are the risks? Karl L. Barkley II, MD	<u>Winter, 1991</u>
Hypertension? Don't panic J. Ronald Hunt, MD	<u>Fall, 1989</u>
Exercising After a Heart Attack: Target heart rate/40 min exercise John Henderson, DO	<u>Winter, 1989</u>

Children and Adolescents

Sleep Apnea and Athletic Performance Joseph Kelly, DO	<u>Spring 2019</u>
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Pediatric Forearm Fractures: When Both Bones Break Jake Gudger, MD	<u>Spring 2017</u>
I Have Scoliosis, Which Sports Can I Play? Chelsea Adams, LAT, ATC, and Morgan Carr, MS, LAT, ATC	<u>Spring 2017</u>
Sudden Cardiac Death Terri Van Horne, ATC and Rachelle Weisenburger, ATC	<u>Summer, 2013</u>
Supracondylar Fractures of the Humerus in Children Jared A. Brummel, DO	<u>Summer, 2013</u>
Unicameral Bone Cysts in Children Benjamin P. Debelak, DO	<u>Summer, 2011</u>
Sever's Disease in the Adolescent Athlete Anna Arp, ATC; and Mindy Shook, ATC	<u>Fall, 2010</u>
Weightlifting for Adolescents and Children: When to begin and how much is too much? Jay Bradley, MD	<u>Spring, 2003</u>
Congenital Malalignment of the Foot John R. Stephenson, MD	<u>Fall, 2001</u>
Shoulder Injuries in Children and Adolescents Mike Lauffenburger, MD	<u>Winter, 2001</u>
In-Toeing in Children James Alfandre, MD	<u>Summer, 2000</u>
Congenital Stenosis of the Cervical Spinal Canal John D. Dorchak, MD Spinal Injuries in Adolescent Athletes Lawrence D. Powell, MD	<u>Spring, 2000</u> <u>Fall, 1999</u>
Weight Training: Designing a program for children and adolescents Michael Axe, MD	<u>Winter, 1996</u>
Child and Adolescent Gymnastics: How to avoid injury Ellen M. Raney, MD	<u>Winter, 1994</u>
Idiopathic Scoliosis: Why some children's backs grow crooked Douglas G. Browning, MD, ATC	<u>Fall, 1993</u>
Congenital and Secondary Scoliosis: Scoliosis from known causes Thomas N. Bernard, Jr., MD	<u>Fall, 1993</u>
Health Risk Behaviors in Teenagers: Do athletes have healthier lifestyles? Paul W. Baumert, Jr., MD	<u>Summer, 1993</u>
Children's Fractures: Can they cause growth problems? Todd A. Schmidt, MD	<u>Spring, 1992</u>
Children and Sports: When to start participation Paul W. Baumert, Jr., MD	<u>Spring, 1992</u>
Leg Deformities in Children Todd Schmidt, MD	<u>Summer, 1991</u>
Spondylolisthesis: Back pain in adolescent athletes Richard Nasca, MD	<u>Fall, 1990</u>
<i>Elbow</i>	
Percutaneous Ultrasound Tenotomy: A new technique to treat tendinopathy M. Canaan Prater, DO and J. Ryan Mahoney, DO	<u>Fall, 2017</u>
Lateral Epicondylitis: Taming Tennis Elbow David A. Lalli, DO	<u>Summer, 2016</u>
Supracondylar Fractures of the Humerus in Children Jared A. Brummel, DO	<u>Summer, 2013</u>

Gout: Causes, Symptoms, and Treatment Gabriel Hommel, MD	<u>Winter, 2012</u>
Little League Throwing Injuries Nathan J. Fanter, DO; and Champ L. Baker, Jr., MD	<u>Spring, 2011</u>
Golf Injuries: The links jinx R. Grant Mostak, MD	<u>Summer, 2010</u>
Arthroscopy of the Elbow Champ L. Baker, Jr., MD	<u>Spring, 2009</u>
Overuse Injuries: Common problems for young baseball players David C. Rehak, MD	<u>Winter, 2004</u>
Rehabilitation of Common Shoulder and Elbow Injuries David Keese, PT	<u>Winter, 2004</u>
Elbow Arthroscopy David Nedeff, MD	<u>Spring, 2001</u>
Little Leaguer's Elbow Luis Miranda, MD	<u>Spring, 1999</u>
Tennis Injuries: Are you an ace on the court? Nicholas E. Mihelic, MD	<u>Spring, 1998</u>
Rehabilitation for Tennis Injuries Elaine Ryan, PT	<u>Spring, 1998</u>
Tennis Elbow: It's not just for tennis players David Higgins, MD	<u>Winter, 1992</u>
Rehab for Tennis Elbow: The super 7 Tim Uhl, PT, ATC	<u>Winter, 1992</u>
Elbow Braces Pat O'Connell, MD	<u>Spring, 1989</u>
 <i>Environmental Injuries</i>	
Reducing the Spread of Herpes in the Locker Room Danielle Roberts, LAT, ATC and Shantasia Wimberly, LAT, ATC	<u>Summer 2017</u>
First Aid for Snakebites Bethani Brown, ATC	<u>Summer, 2014</u>
New Heat Policies Lindsey Sharpe, ATC	<u>Summer, 2012</u>
Lightening Safety: For Athletic Trainers, Coaches, and Parents Andy J. Grubbs, Jr., Med, ATC	<u>Spring 2012</u>
Rabies Benjamin P. Debelak, DO	<u>Winter, 2012</u>
Heat Illness on the Athletic Field Christopher Van Hofwegen, MD	<u>Summer, 2010</u>
Lightning Golf Dennise Brogdon	<u>Summer, 2001</u>
Winter Fitness William C. Etchison, MS	<u>Winter, 2001</u>
All-terrain Vehicles: Preventing serious injury Tanya Hrabal, MD	<u>Spring, 1992</u>
Avoiding Heat Illness Tamara Spann, ATC	<u>Summer, 2007</u>
Heat Illness: Early prevention is the key Bruce Getz, ATC	<u>Summer, 2005</u>

West Nile Virus: Should it be bugging you? William E. Roundtree, MD	<u>Summer, 2003</u>
Be Aware of the Cold! Teri LaSalle, MS, PT, ATC	<u>Winter, 2002</u>
A Fluid Winter Dennise Brogdon	<u>Winter, 2002</u>
Lighting a Safe Home Dennise Brogdon	<u>Spring, 2001</u>
Winter Fitness William C. Etchison, MS	<u>Winter, 2001</u>
Lightning and Its Hazards Bruce Getz, ATC; and Kelli Bowermeister	<u>Summer, 2000</u>
Heat and Sun Illnesses: Beat the heat! Matthew McQueen, MD	<u>Summer, 1998</u>
Insect Bites & Stings Kristyn Fagerberg, MD	<u>Summer, 1998</u>
Cold Injuries: Hypothermia and Frostbite Tim W. Allari, MD	<u>Winter, 1998</u>
Winter Wellness and Fitness William C. Etchison, MS	<u>Winter, 1997</u>
Exercising in the Cold William C. Etchison, MS	<u>Winter, 1997</u>
Prepare Now for Springtime Activities Keith Webster, MA, ATC	<u>Winter, 1997</u>
Altitude-related Illnesses Jay W. McMuren, MD	<u>Fall, 1996</u>
Heat-related Illness Steven Mares, MD	<u>Spring, 1996</u>
Snakebites Angelo Galante, MD	<u>Summer, 1994</u>
Heat Precautions for Summer Patricia Skaggs, MD; and Robert Skerker, MD	<u>Summer, 1991</u>
Heat Cramps Karl L. Barkley II, MD	<u>Summer, 1991</u>
Insect Bites J. Ramon Amador, MD	<u>Spring, 1991</u>
Sun-induced Skin Injuries: Preventive tips John Henderson, DO	<u>Spring, 1991</u>
Protecting Skin Incisions from the Sun William L. Cappiello, MD	<u>Summer, 1990</u>
Cold-related Injuries: Risks, wind chill factor, prevention J. Ramon Amador, MD	<u>Winter, 1990</u>
Replacing Fluids and Electrolytes in Hot Weather Jesse Wright, MS, RD, LD	<u>Summer, 1989</u>

Equipment Review

Pedometers: An incentive to walk or just another gadget? Marissa Turturro, MS, ATC, NSCA-CPT and Joanna Sunnes	<u>Summer 2017</u>
All-Terrain Vehicles and Orthopaedic Injuries Erin Kawasaki, DO	<u>Fall, 2012</u>
Equestrian-Related Injuries of the Knee	<u>Fall, 2012</u>

Yaser El-Gazzar, MD Sunglasses: More Than a Fashion Statement	<u>Summer, 2010</u>
George Sutherland, MD Equipping the High School Football Player	<u>Fall, 2007</u>
Kevin J. Collins, MD Mouth Guards: Essential athletic gear	<u>Fall, 2007</u>
Robert Hopkins, PT, SCS Athletic Shoes: An integral part of your athletic equipment	<u>Fall, 2007</u>
Michael M. Tucker, Jr., MD Rules for Prescribed Equipment in Athletic Competition	<u>Fall, 2007</u>
Kayla Fulghum, ATC Finding Your Running Shoe	<u>Spring, 2005</u>
Daniel Kraushaar, PT, CSCS Soccer Shoes: So many options	<u>Fall, 2002</u>
Bruce Getz, ATC; and Rick Brannan Why Wear a Mouthpiece?	<u>Spring, 2000</u>
Bruce Getz, ATC Braced for Back Pain: Developments in back supports	<u>Winter, 2000</u>
William Anderson, CO Proper Safety Equipment for Ice Hockey	<u>Fall, 1997</u>
P. Dean Cummings, MD Roller Blades: Skating around safely	<u>Fall, 1995</u>
Jonathan York, MD Put on Your Walking Shoes...	<u>Spring, 1992</u>
Daniel Kraeger, DO Batting Helmets	<u>Spring, 1992</u>
Jon Hay, MEd, ATC Running and Walking Shoes: Finding the right shoe for you	<u>Spring, 1991</u>
William C. Etchison, MS How to Select an Athletic Shoe	<u>Winter, 1991</u>
The Lumbosacral Corset Bruce O'Brien, CPO, J.E. Hanger, Inc.	<u>Fall, 1990</u>
Stair-climbing Ergometers William C. Etchison, MS	<u>Summer, 1990</u>
Cycling Helmets Eduardo Robles, MD	<u>Spring, 1990</u>
Eye Protection in Sports George B. Hubbard, Jr., MD	<u>Winter, 1990</u>
Silicone Casts Henry McRae, OTR./L	<u>Fall, 1989</u>
Prophylactic Knee Braces Stewart Stowers, MD	<u>Summer, 1989</u>
Elbow Braces Pat O'Connell, MD	<u>Spring, 1989</u>
Breakaway Bases Dan Joyce, MD	<u>Spring, 1989</u>
Ski Boots and Bindings Steve Cook, PhD; and Mark Brinker, MD	<u>Winter, 1989</u>
The Air Stirrup Ankle Brace Fred Flandry, MD, FACS	<u>Winter, 1989</u>

Exercise /Recreation

Can't Catch Your Breath? Could it be Exercise-induced Bronchospasm? Ashley Wojnowski, MS, LAT, ATC and Anna Francois, MS, LAT, ATC	<u>Spring 2018</u>
Hamstring Injuries Darren E. Barton, DO	<u>Fall 2017</u>
Chest Muscle Injuries: Strains and Tears of the Pectoralis Major Dan Morris, DO	<u>Spring 2017</u>
Staying Active with Exercise-Induced Asthma Meagan Dunn, LAT, ATC and BreAnna Hankins, LAT, ATC, EMT-B	<u>Winter, 2017</u>
May the Course Be With You Kamal Leak, ATC, and Morgan Carr, ATC	<u>Fall, 2016</u>
Avoiding Injury When Whitewater Rafting Eric Stanford, DO	<u>Spring, 2015</u>
Bowling Injuries Jared A. Brummel, DO	<u>Spring, 2015</u>
Hemorrhoids and Exercise Kelly Robertson, ATC	<u>Winter, 2014</u>
Downhill Skiing and Snowboarding Injuries Jared Brummel, DO	<u>Winter, 2014</u>
Supracondylar Fractures of the Humerus in Children Jared A. Brummel, DO	<u>Summer, 2013</u>
Exercising During Pregnancy C.J. Osier, MD	<u>Spring, 2013</u>
All-Terrain Vehicles and Orthopaedic Injuries Erin Kawasaki, DO	<u>Fall, 2012</u>
Equestrian-Related Injuries of the Knee Yaser El-Gazzar, MD	<u>Fall, 2012</u>
Yoga for Athletes Jaelyn Jones, DO	<u>Winter, 2012</u>
Hunting Injuries Nathan J. Fanter, DO; and Garland K. Gudger, MD	<u>Spring, 2011</u>
Cheerleading Injuries David C. Rehak, MD; and Dennise Brogdon	<u>Fall, 2010</u>
Core Training: Separating fact from fiction Florence Aker, MA, CPT	<u>Winter, 2010</u>
Cardiovascular Training Shannon Bright, ATC	<u>Winter, 2010</u>
Low Back Pain and Hamstring Stretching: Can stretching ever be a bad thing? Christie Thames, PT, DPT, HFS	<u>Winter, 2010</u>
Flexibility: Stretching your performance, (<i>reprint</i>) William C. Etchison, MS	<u>Fall, 2008</u>
Core Stability: Have a "ball" building a strong core Eric Kuhlenberg, MEd, PT	<u>Winter, 2006</u>
The Ageless Athlete - An exercise program for your later years Daniel Kraushaar, PT, CSCS	<u>Summer, 2005</u>
No Miracle - Just Good Sense Bruce Getz, ATC	<u>Spring, 2004</u>
Strengthening Your Core Lance Kelly, MPT, ATC	<u>Spring, 2003</u>
Are you Ready for an Exercise Program? Brian Hager, Med, ATC	<u>Fall, 2001</u>

Early Osteoarthritis, Exercise, and Joint Protection Teri L. LaSalle, MS, PT, ATC	<u>Fall, 2000</u>
Exercise Your Back Back to Health Mike Balkcum, PT	<u>Winter, 2000</u>
Cardio Kickboxing Helen Reinking, PTA	<u>Fall, 1999</u>
General Exercise Guidelines from the ACSM William C. Etchison, MS; and David T. Curd, MS	<u>Fall, 1999</u>
Exercising During Pregnancy Mary Ann Collins	<u>Summer, 1999</u>
Exercise: The key to beating stress Jon M. Hay, ATC	<u>Winter, 1999</u>
Health Tip - Get Physical Joe Jacko, MD	<u>Spring, 1998</u>
Horseback Riding: Injuries and safety tips Gloria M. Beim, MD	<u>Summer, 1997</u>
Preventing Back Injuries: Lifting techniques and strengthening exercises Bill Jones, PT; and Mike Balkcum, PT	<u>Summer, 1997</u>
Rock Climbing Dayton Preston	<u>Summer, 1997</u>
Exercise-induced Asthma William L. Cappiello, MD	<u>Spring, 1997</u>
Exercising in the Cold William C. Etchison, MS	<u>Winter, 1997</u>
Prepare Now for Springtime Activities Keith Webster, MA, ATC	<u>Winter, 1997</u>
Shoulder Injuries In Bow Hunters Mark A. Baker, PT; Bill Clemmons, PAC; and Garland K. Gudger, MD	<u>Fall, 1995</u>
Roller Blades: Skating around safely Jonathan York, MD	<u>Fall, 1995</u>
Stair Machines: Climbing to peak fitness Paul D. Zawatsky, MD	<u>Spring, 1995</u>
Exercise Prescription for the Diabetic Athlete Craig K. Seto, MD	<u>Winter, 1995</u>
Exercising For Two: Expectant mom and baby, what can they do? Laura R. Stokes, MS	<u>Winter, 1994</u>
Reckless Behavior: Are you a thrill seeker? Michael J. Blier, PhD	<u>Spring, 1993</u>
How Much Exercise Is Too Much: The importance of rest Kenny Howard, ATC	<u>Spring, 1993</u>
Exercise Prescription Laura Stokes, MS and Michael Behr, MD	<u>Spring, 1993</u>
Hip strengthening exercises Kenny Crofford, ATC	<u>Summer, 1992</u>
P.A.C.E., People with Arthritis Can Exercise LeAnn Thompson	<u>Summer, 1992</u>
Does Exercise Relieve Stress? Barney Poole, MEd, PT, ATC	<u>Spring, 1992</u>
All-terrain Vehicles: Preventing serious injury Tanya Hrabal, MD	<u>Spring, 1992</u>
Safety Precautions on the Playing Field Timothy Uhl, PT, ATC	<u>Fall, 1991</u>

Abdominal Exercise Barney Poole, PT	<u>Summer, 1991</u>
Wheel Chair Athletes S.F. Martinez, MD	<u>Spring, 1991</u>
Total Fitness William Roundtree, MD	<u>Spring, 1991</u>
Flexibility: Stretching your performance William C. Etchison, MS	<u>Winter, 1991</u>
Hypertension (high blood pressure): Can exercise help? Ken Bielak, MD	<u>Winter, 1991</u>
Cardiac Arrhythmias and Exercise George Shannon, MD	<u>Winter, 1991</u>
Training for a Better Lifestyle: Stretch, walk for back fitness Barney Poole, MEd, PT, ATC	<u>Fall, 1990</u>
Training for a Better Lifestyle: Conditioning for ankles Barney Poole, MEd, PT, ATC	<u>Fall, 1989</u>
Training for a Better Lifestyle: Heel cord stretching Barney Poole, MEd, PT	<u>Summer, 1989</u>
Activities for Total Hip Replacement Carlton G. Savory, MD, FACS	<u>Summer, 1989</u>
Training for a Better Lifestyle: Rotator cuff exercises Tab Blackburn, MEd, PT, ATC	<u>Spring, 1989</u>
Exercising After a Heart Attack: Target heart rate/40 min exercise John Henderson, DO	<u>Winter, 1989</u>
Shin Splints: The pain of getting back into shape William Cappiello, MD	<u>Winter, 1989</u>
 <i>Cycling</i>	
Cycling Overuse Injuries of the Knee Yaser El-Gazzar, MD	<u>Summer, 2012</u>
Yoga for Athletes Jaelyn Jones, DO	<u>Winter, 2012</u>
Bike Injuries: Collision-related trauma C. Curt Starling, MD	<u>Summer, 2003</u>
Cyclist's Hands: Overcoming overuse injuries David C. Rehak, MD	<u>Summer, 2003</u>
Returning to Cycling Fitness: Are you ready to roll? David Curd, MS	<u>Summer, 2003</u>
Safety, It's as Easy as Riding a Bike Lisa Kimbrough, BS; and Bruce Getz, ATC	<u>Summer, 2003</u>
Cycling Tips for Improved Performance Suzanne M. Tanner, MD	<u>Spring, 1990</u>
Cycling Helmets Eduardo Robles, MD	<u>Spring, 1990</u>
 <i>Golf</i>	
Hamate Fractures Darren Barton, DO	<u>Summer 2017</u>
Golf Injuries: The links jinx R. Grant Mostak, MD	<u>Summer, 2010</u>

Are You Ready for Golf? (<i>reprint</i>) Mark A. Baker, PT	<u>Summer, 2008</u>
Wrist Problems in Golfers Gary Lourie, MD	<u>Summer, 2001</u>
Shoulder Injuries in Golfers David D. Nedeff, MD	<u>Summer, 2001</u>
Are You Ready for Golf? Mark A. Baker, PA	<u>Summer, 2001</u>
Lumbar Pain in Golfers Babette Smith, PT	<u>Summer, 2001</u>
Lightning Golf Dennise Brogdon	<u>Summer, 2001</u>
Golf Injuries William J. Mallon, MD	<u>Spring, 1997</u>
 <i>Running/Walking</i>	
Pedometers: An incentive to walk or just another gadget? Marissa Turturro, MS, ATC, NSCA-CPT and Joanna Sunnes	<u>Summer 2017</u>
Common Running Injuries: Patellar Tendinitis, Shin Splints, and IT Band Syndrome Julie Gladden Barré, MD	<u>Spring, 2012</u>
Yoga for Athletes Jaclyn Jones, DO	<u>Winter, 2012</u>
Runners and Iliotibial Band Friction Syndrome Eric North, ATC	<u>Summer, 2010</u>
Walking for Aerobic Exercise: Fun or fitness? What's the bottom line? (<i>reprint</i>) William C. Etchison, MS	<u>Summer, 2008</u>
Finding Your Running Shoe Daniel Kraushaar, PT, CSCS	<u>Spring, 2005</u>
Runners, Start Your Engines! Lisel Wally, PTA; and J. Benjamin Belle, PT	<u>Spring, 2005</u>
Checklist: Before you run William C. Etchison, MS	<u>Spring, 2005</u>
Competitive Running Joseph Martino, MD	<u>Summer, 1994</u>
Running With the Big Dogs: Your dog as your exercise partner David Curd, MS	<u>Summer, 1994</u>
Walking By Old Age:"A walk a day keeps the doctor away" R. Todd Dombroski, DO	<u>Summer, 1994</u>
Walking With Hand-held Weights Laura Stokes, MS	<u>Summer, 1994</u>
Put on Your Walking Shoes... Daniel Kraeger, DO	<u>Spring, 1992</u>
Running and Walking Shoes: Finding the right shoe for you William C. Etchison, MS	<u>Spring, 1991</u>
Running: A cause of osteoarthritis Todd Schmidt, MD	<u>Spring, 1990</u>
Walking for Aerobic Exercise: Fun or fitness? What's the bottom line? William Etchison, MS	<u>Spring, 1989</u>

Water Activities

Swimmer's Ear	<u>Summer, 2010</u>
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Richard Mansfield, DO, FAAP	
Water Works: Aquatic therapy for osteoporosis	<u>Summer, 2002</u>
Shannon B. Luca, PTA; and John M. Henderson, DO, FAAFP	
Aquatic Exercise for People with Arthritis	<u>Winter, 1997</u>
Dana Bridges, PT, ATC	
Shoulder Strengthening: Preventing overuse injuries of the shoulder	<u>Summer, 1993</u>
Tim Uhl, MS, PT, ATC	
Swimmer's Shoulder: Impingement syndrome	<u>Winter, 1990</u>
Robbie Leonard, PT	
Swimmer's ear	<u>Summer, 1989</u>
George P. Ikalych, MD	
Water-skiing Safety Tips	<u>Summer, 1989</u>
Kurt E. Jacobson, MD	

Weight Training/Lifting

Chest Muscle Injuries: Strains and Tears of the Pectoralis Major	<u>Spring 2017</u>
Dan Morris, DO	
Weightlifting	<u>Winter, 2010</u>
Curtis Borum, PT, MPT	
Weightlifting for Adolescents and Children:	<u>Spring, 2003</u>
When to begin and how much is too much?	
Jay Bradley, MD	
Weight Training: Designing a program for children and adolescents	<u>Winter, 1996</u>
Michael Axe, MD	
Preventing Weightlifting Injuries: The power struggle	<u>Winter, 1995</u>
Michael Axe, MD	
Elements of Weight Training: Specificity, intensity, volume, rest	<u>Spring, 1991</u>
Craig Lee, PT, ATC, CSCS; and Larry Lowell, PT, CSCS	

Foot and Ankle

Total Ankle Arthroplasty: Questions for a specialist	<u>Spring 2018</u>
B. Collier Watson, DO	
Why Tape My Ankle?	<u>Spring 2018</u>
Cassandra Bryant, MS, LAT, ATC, and Danielle Gunnin, MS, LAT, ATC, ITAT	
Percutaneous Ultrasound Tenotomy: A new technique to treat tendinopathy	<u>Fall, 2017</u>
M. Canaan Prater, DO and J. Ryan Mahoney, DO	
Peroneal Tendon Injuries	<u>Winter, 2016</u>
Wasik Ashraf, DO	
Bunions & Lesser Toe Deformities	<u>Fall, 2014</u>
Matt Longacre, MD	
Posterior Tibial Tendon Dysfunction: Painful Adult Flatfoot	<u>Winter, 2014</u>
Norman L. Donati, Jr., MD	
Gout: Causes, Symptoms, and Treatment	<u>Winter, 2012</u>
Gabriel Hommel, MD	
Sever's Disease in the Adolescent Athlete	<u>Fall, 2010</u>
Anna Arp, ATC; and Mindy Shook, ATC	
Women's Softball Injuries	<u>Fall, 2010</u>
Champ L. Baker III, MD	
In the Locker Room: Rehabilitation for your ankle sprain	<u>Spring, 2010</u>
Elizabeth Smith, ATC	

Morton's Neuroma: Getting on my nerves Michael M. Tucker, Jr., MD	<u>Winter, 2009</u>
Morton's Neuroma: In the training room Lou Tomasi, EdD	<u>Winter, 2009</u>
Ankle Fractures Robert J. McAlindon, MD	<u>Spring, 2007</u>
Diabetic Foot Ulcers Wendell E. Gaillard, Jr., MD, FACS	<u>Summer, 2006</u>
Basketball and the Foot and Ankle Robert J. McAlindon, MD	<u>Fall, 2004</u>
Achilles Tendon: Tendinitis and Tears - Why is the Achilles Tendon so important? Richard Johnston III, MD	<u>Winter, 2003</u>
Commonly Prescribed Orthoses for the Lower Limb Ashish, Doshi, CPO	<u>Fall, 2001</u>
Congenital Malalignment of the Foot John R. Stephenson, MD	<u>Fall, 2001</u>
Osteochondral Fractures of the Knee and Ankle Timothy F. Peters, DO, MS, and Champ L. Baker, Jr., MD	<u>Fall, 2000</u>
Forefoot Deformities Stephen C. Hunter, MD	<u>Summer, 2000</u>
In-Toeing in Children James Alfandre, MD	<u>Summer, 2000</u>
Heel Pain Leland C. McCluskey, MD	<u>Summer, 2000</u>
Taking Care of Heel Pain Teri LaSalle, M.S., PT, ATC	<u>Summer, 2000</u>
Turf Toe Bruce Getz, ATC; and Kelli Bowermeister	<u>Summer, 2000</u>
What are Ingrown Toenails? Leland C. McCluskey, MD	<u>Summer, 1998</u>
Sprain vs. Strain Tony Sutton, ATC	<u>Summer, 1997</u>
Ask the Doctor - What is athlete's foot? Robert Skerker, MD	<u>Summer, 1997</u>
Foot Problems: Corns, calluses, plantar warts, and black toes Stephen C. Hunter, MD	<u>Summer, 1997</u>
Achilles Tendon: Tendinitis and tears Richard Johnston III, MD	<u>Spring, 1997</u>
Prevent Achilles Tendon Injury - Stretch! Teri Mingee, PT	<u>Spring, 1997</u>
Plantar Fasciitis: Painful heel syndrome Leland C. McCluskey, MD	<u>Winter, 1997</u>
The Diabetic Foot: Dogged by problems Leland C. McCluskey, MD	<u>Winter, 1995</u>
Arthritis of the Foot And Ankle Leland C. McCluskey, MD	<u>Winter, 1993</u>
Foot Pain from Overuse: Plantar fasciitis Daniel Kraeger, DO	<u>Winter, 1992</u>
Treating Plantar Fasciitis: Simple measures for rapid relief Daniel Kraeger, DO	<u>Winter, 1992</u>
Sever's Apophysitis Eduardo Robles, MD	<u>Fall, 1991</u>

The Sprained Ankle Eduardo Robles, MD	<u>Summer, 1991</u>
Bunions Stephen C. Hunter, MD	<u>Summer, 1991</u>
Toe Deformities J. Melvin Deese, MD	<u>Summer, 1991</u>
Training for a Better Lifestyle: Conditioning for ankles Barney Poole, MEd, PT, ATC	<u>Fall, 1989</u>
Training for a Better Lifestyle: Heel cord stretching Barney Poole, MEd, PT	<u>Summer, 1989</u>
Your Aching Heel: Painful heel syndrome and the plantar fascia Jim Beskin, MD	<u>Winter, 1989</u>

Hand and Wrist

Carpal Tunnel Syndrome: Questions for a Specialist Pasquale F. Reino, DO	<u>Spring 2019</u>
Developments in Hand Surgery David H. MacDonald, DO, FAOAO	<u>Winter 2018</u>
Hamate Fractures Darren Barton, DO	<u>Summer 2017</u>
Pediatric Forearm Fractures: When Both Bones Break Jake Gudger, MD	<u>Spring 2017</u>
DeQuervain's Tenosynovitis: The Digital Comeback Karissa J. Castillo, ATC	<u>Winter, 2015</u>
Tendon Injuries of the Hand David H. MacDonald, DO	<u>Fall, 2014</u>
Skier's Thumb Kathleen Simone, ATC	<u>Fall, 2012</u>
Golf Injuries: The links jinx R. Grant Mostak, MD	<u>Summer, 2010</u>
Therapy by Certified Hand Therapists Linda Moore, OTR/L, CHT	<u>Spring, 2010</u>
Small Incision Techniques in Hand Surgery David C. Rehak, MD	<u>Spring, 2009</u>
Carpal Tunnel Release: Small Incision, Big Relief David C. Rehak, MD	<u>Winter, 2009</u>
Improved Techniques for the Treatment of Wrist Fractures David C. Rehak, MD	<u>Winter, 2008</u>
Distal Radius Fracture David C. Rehak, MD	<u>Spring, 2007</u>
Wrist Fracture Therapy Linda Moore, OTR/L, CHT	<u>Spring, 2007</u>
Can Diabetes Cause Carpal Tunnel Syndrome? David C. Rehak, MD; and Dennise Brogdon	<u>Summer, 2006</u>
Finger Injuries in Basketball Players David C. Rehak, MD	<u>Fall, 2004</u>
Wrist Problems for Gymnasts David C. Rehak, MD	<u>Fall, 2003</u>
Cyclist's Hands: Overcoming overuse injuries David C. Rehak, MD	<u>Summer, 2003</u>

Hand and Wrist Injuries in Winter Sports David C. Rehak, MD	<u>Winter, 2002</u>
Wrist Problems in Golfers Gary Lourie, MD	<u>Summer, 2001</u>
Wrist Arthroscopy David C. Rehak, MD	<u>Spring, 2001</u>
On the Other "Hand": Repetitive overuse injuries of the hand and wrist David C. Rehak, MD	<u>Winter, 1999</u>
Wrist Fractures Steven Niergarth, DO	<u>Spring, 1998</u>
Skier's thumb David C. Rehak, MD	<u>Winter, 1996</u>
Finger injuries Keith Webster, ATC	<u>Summer, 1994</u>
Arthritis of the Hand and Wrist: "But Doc, will I be able to play the piano?" Richard A. Sanders, MD	<u>Winter, 1993</u>
Carpal Tunnel Syndrome: A cause of hand pain and numbness? David Kahler, MD	<u>Winter, 1992</u>
Carpal Tunnel Release Without the Incision Fred Flandry, MD, FACS	<u>Winter, 1992</u>
DeQuervain's Tenosynovitis James Hooten, MD	<u>Winter, 1992</u>
<i>Hip</i>	
Surgical Approaches to Knee and Hip Replacement (reprint) Randall J. Ruark, MD	<u>Summer 2019</u>
Surgical Approaches to Knee and Hip Replacement Randall J. Ruark, MD	<u>Winter 2018</u>
Pelvic Fractures Aaron D. Schrayner, MD	<u>Winter, 2017</u>
What Is Hip Bursitis? George Sutherland, MD	<u>Fall, 2015</u>
Metal-on-Metal Hip Replacements Randall J. Ruark, MD	<u>Spring, 2015</u>
Hip Fractures in the Older Patients Matthew Heaton, MD	<u>Summer, 2013</u>
Advances in Total Joint Replacement Benjamin Schwartz, MD	<u>Winter, 2013</u>
Down Syndrome and Orthopaedic Problems Nathan J. Fanter, DO	<u>Winter 2012</u>
Greater Trochanteric Bursitis Ryan Geringer, DO	<u>Summer, 2009</u>
Hip Arthroscopy Paul A. Whatley, MD	<u>Spring, 2009</u>
Activities after Total Hip Replacement Carlton G. Savory, MD, FACS	<u>Summer, 2008</u>
Advances in Total Joint Replacement: New techniques, materials, and anesthesia James E. McGrory, MD	<u>Winter, 2008</u>
Stress Fractures of the Hip in Young Athletes Robert Smith, MD	<u>Spring, 2007</u>

Hip Arthroscopy Champ L. Baker, Jr., MD; and Peter Hester, MD	<u>Spring, 2001</u>
Total Joint Replacement: Getting "physical" without overdoing it Carlton G. Savory, MD, FACS	<u>Spring, 1999</u>
Strengthening Your New Joint Teri L. LaSalle, MS, PT	<u>Spring, 1999</u>
Quadriceps Contusions and Hip Pointers in Football Reuben Sloan, MD	<u>Summer, 1998</u>
Rehabilitation of Quadriceps Contusions and Hip Pointers in Sports Scott Brackett, Bruce Getz, ATC; and Teri L. Mingee, MS, PT	<u>Summer, 1998</u>
Ask the Doctor - What causes the hip joint to pop when it moves in certain directions? Todd A. Schmidt, MD	<u>Summer, 1995</u>
Treatment of Hip Fractures in the Elderly Stephen C. Hunter, MD	<u>Spring, 1995</u>
Preventing Hip Fractures: Play it safe! R. Todd Dombroski, DO	<u>Winter, 1995</u>
Ask the Doctor - Can sciatica be treated without surgery? John M. Henderson, DO	<u>Spring, 1994</u>
Total Hip Replacement: The thighbone's connected to the... artificial hip bone Stephen C. Hunter, MD	<u>Winter, 1993</u>
Trochanteric Bursitis: A real pain in the hip! Tanya Hrabal, MD	<u>Summer, 1992</u>
Hip Strengthening Exercises Kenny Crofford, ATC	<u>Summer, 1992</u>
Hip Pointers: A bruise unlike any other Robert Skelker, MD	<u>Fall, 1991</u>
Research - Total Hip Replacement Jon P. Hunt, PhD	<u>Winter, 1990</u>
Activities for Total Hip Replacement Carlton G. Savory, MD, FACS	<u>Summer, 1989</u>
 <i>Knee</i>	
Meniscus Tears (reprint) Bikramjit S. Grewal, MD	<u>Summer 2019</u>
Surgical Approaches to Knee and Hip Replacement (reprint) Randall J. Ruark, MD	<u>Summer 2019</u>
Orthopaedic Components: What Makes a Total Knee Implant? (reprint) Erin Kawasaki, DO	<u>Summer 2019</u>
In Perspective: Anterior Cruciate Ligament Tears (reprint) Jack C. Hughston, MD	<u>Summer 2019</u>
Surgical Approaches to Knee and Hip Replacement Randall J. Ruark, MD	<u>Winter 2018</u>
Chondral and Osteochondral Lesions: An overview of treatments for the knee Dan Morris, DO	<u>Fall 2017</u>
ACL Tears in Teens David A. Lalli, DO	<u>Fall, 2016</u>
Meniscus Tears Bikramjit S. Grewal, MD	<u>Winter, 2016</u>
Knee Effusion: What's Causing the Swelling in Your Knee? Eric Stanford, DO	<u>Winter, 2015</u>
In Perspective: Anterior Cruciate Ligament Tears	<u>Fall, 2014</u>

Jack C. Hughston, MD Patellar Dislocations	<u>Fall, 2013</u>
CJ Osier, MD Partial Knee Replacement	<u>Spring, 2013</u>
R. Grant Mostak, MD Advances in Total Joint Replacement	<u>Winter, 2013</u>
Benjamin Schwartz, MD Advances in Orthopaedics	<u>Winter, 2013</u>
Champ L. Baker III, MD Glucosamine and Chondroitin: Can Supplements Help Your Knee Pain?	<u>Summer, 2012</u>
Michael J. Maughon, Jr., MD Orthopaedic Components: What Makes a Total Knee Implant?	<u>Summer, 2012</u>
Erin Kawasaki, DO Cycling Overuse Injuries of the Knee	<u>Summer, 2012</u>
Yaser El-Gazzar, MD Common Running Injuries: Patellar Tendinitis, Shin Splints, and IT Band Syndrome	<u>Spring, 2012</u>
Julie Gladden Barré, MD Gout: Causes, Symptoms, and Treatment	<u>Winter, 2012</u>
Gabriel Hommel, MD Women's Softball Injuries	<u>Fall, 2010</u>
Champ L. Baker III, MD Runners and Iliotibial Band Friction Syndrome	<u>Summer, 2010</u>
Eric North, ATC Rehabilitation for Disorders of the Kneecap	<u>Spring, 2010</u>
Kim Hargrove, PT, MS In Perspective: Anterior cruciate ligament tears (<i>reprint</i>)	<u>Fall, 2008</u>
Jack C. Hughston, MD Knee Ligament Injuries: The ACL (<i>reprint</i>)	<u>Fall, 2008</u>
Fred Flandry, MD, FACS Anterior Cruciate Ligament Injuries (<i>reprint</i>)	<u>Fall, 2008</u>
Kurt E. Jacobson, MD Total Knee Replacement: Surgery for the severely arthritic knee (<i>reprint</i>)	<u>Fall, 2008</u>
Carlton G. Savory, MD, FACS Knee Injuries in Basketball: The sprains and strains of the game (<i>reprint</i>)	<u>Spring, 2008</u>
Glenn C. Terry, MD Advances in Total Joint Replacement: New techniques, materials, and anesthesia	<u>Winter, 2008</u>
James E. McGrory, MD Advances in Knee Surgery: Improved treatment and outcomes	<u>Winter, 2008</u>
Kurt E. Jacobson, MD Knee Injuries in Basketball: The sprains and strains of the game	<u>Fall, 2004</u>
Glenn C. Terry, MD The Gymnast's Knee: Carrying the load	<u>Fall, 2003</u>
Kurt E. Jacobson, MD Anterior Cruciate Ligament Injuries in Female Soccer Players	<u>Fall, 2002</u>
Stephanie L. Silberberg, MD Collagen Implants for Meniscal Regeneration	<u>Winter, 2002</u>
Ashley Holloway, MS Jumper's Knee	<u>Fall, 2001</u>
Kurt E. Jacobson, MD Knee Taping	<u>Fall, 2001</u>
Timothy L. Uhl, PhD, ATC, PT	

Commonly Prescribed Orthoses for the Lower Limb Ashish, Doshi, CPO	<u>Fall, 2001</u>
What is Arthroscopy? Howard Routman, DO	<u>Spring, 2001</u>
Osteochondral Fractures of the Knee and Ankle Timothy F. Peters, DO, MS, and Champ L. Baker, Jr., MD	<u>Fall, 2000</u>
Anterior Cruciate Ligament Injuries Kurt E. Jacobson, MD	<u>Summer, 1999</u>
ACL Injuries in Women Robert McAlindon, MD	<u>Summer, 1999</u>
Total Joint Replacement: Getting "physical" without overdoing it Carlton G. Savory, MD, FACS	<u>Spring, 1999</u>
Strengthening Your New Joint Teri L. LaSalle, MS, PT	<u>Spring, 1999</u>
Knee Extensor Mechanism Problems: Are you weak in the knees? Robert J. McAlindon, MD	<u>Winter, 1998</u>
Rehabilitation for the Extensor Mechanism Teri L. Mingee, MS, PT	<u>Winter, 1998</u>
Why are Women More Prone than Men to ACL Injuries? Mary Lloyd Ireland, MD	<u>Fall, 1996</u>
The Posterior Cruciate Ligament Timothy R. Stapleton, MD	<u>Winter, 1996</u>
Total Joint Replacement: One patient's experience Carlton G. Savory, MD, FACS	<u>Summer, 1995</u>
Articular Cartilage Disorders of the Knee Todd A. Schmidt, MD	<u>Fall, 1994</u>
Meniscal Injuries William Sutton, MD	<u>Fall, 1994</u>
Ask the Doctor - When you have total knee replacement, what are the chances of having to have this done again? Fred Flandry, MD, FACS	<u>Fall, 1993</u>
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In Perspective: Anterior cruciate ligament tears Jack C. Hughston, MD	<u>Fall, 1992</u>
The Anterior Cruciate Ligament: Its anatomy and function Ronald Jones, MD	<u>Fall, 1992</u>
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Extra-articular Reconstruction after an Anterior Cruciate Ligament Tear James Mills, MD	<u>Fall, 1992</u>
Rehabilitation after Extra-articular Surgery Dianne Bazor, PT	<u>Fall, 1992</u>

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Hydrate Well to Play Well Brittany Partlow, LAT, ATC, and Alan Ray, MS, LAT, ATC	<u>Summer, 2016</u>
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Rules for Prescribed Equipment in Athletic Competition Kayla Fulghum, ATC	<u>Fall, 2007</u>
Soccer Shoes: So many options Bruce Getz, ATC; and Rick Brannan	<u>Fall, 2002</u>
Soccer Flexibility Mitchel A. Hadinger, Med, ATC/L	<u>Fall, 2002</u>
Soccer Players: Sprains, strains, and breaks Stephen. C. Hunter, MD	<u>Fall, 2002</u>
Anterior Cruciate Ligament Injuries in Female Soccer Players Stephanie L. Silberberg, MD	<u>Fall, 2002</u>
Concussion: A problem from heading the ball in soccer Stephen C. Hunter, MD	<u>Fall, 2002</u>
Jumper's Knee Kurt E. Jacobson, MD	<u>Fall, 2001</u>
ACL Injuries in Women Robert McAlindon, MD	<u>Summer, 1999</u>
Goal! To Recognize and Prevent Overuse Injuries in Soccer Gary A. Levengood, MD	<u>Spring, 1997</u>
Safety Precautions on the Playing Field Timothy Uhl, PT, ATC	<u>Fall, 1991</u>

Concussion in Sports: How Soon after Injury Should an Athlete Return to the Playing Field? Scott A. Magnes, MD	<u>Summer, 1990</u>
Eye Protection in Sports George B. Hubbard, Jr., MD	<u>Winter, 1990</u>
<i>Tennis</i>	
Tennis and Back Pain Tom Boers, PT	<u>Summer, 2012</u>
Tennis Injuries: Are you an ace on the court? Nicholas E. Mihelic, MD	<u>Spring, 1998</u>
Rehabilitation for Tennis Injuries Elaine Ryan, PT	<u>Spring, 1998</u>
Overuse Injuries to The Shoulder: Shoulder soreness in throwing and racquet sports George M. McCluskey III, MD	<u>Summer, 1993</u>
Shoulder Strengthening: Preventing overuse injuries of the shoulder Tim Uhl, MS, PT, ATC	<u>Summer, 1993</u>
Tennis Elbow: It's not just for tennis players David Higgins, MD	<u>Winter, 1992</u>
Rehab for Tennis Elbow: The super 7 Tim Uhl, PT, ATC	<u>Winter, 1992</u>
<i>Winter Sports</i>	
Skier's Thumb Kathleen Simone, ATC	<u>Fall, 2012</u>
Hand and Wrist Injuries in Winter Sports David C. Rehak, MD	<u>Winter, 2002</u>
Sport-related Concussion Marc Goldman, MD	<u>Spring, 2000</u>
Proper Safety Equipment for Ice Hockey P. Dean Cummings, MD	<u>Fall, 1997</u>
Ice Hockey Injuries Todd A. Schmidt, MD	<u>Fall, 1997</u>
Downhill Skiing Knee Injuries: How to minimize severity after the injury Fred Flandry, MD, FACS	<u>Winter, 1990</u>
Conditioning for the Ski Season Michael Popson, ATC, CSCS, CPT	<u>Fall, 1996</u>
Snowboarding Injuries Patricia Chamberland, MD	<u>Fall, 1996</u>
Skier's Thumb David C. Rehak, MD	<u>Winter, 1996</u>
Eye Protection in Sports George B. Hubbard, Jr., MD	<u>Winter, 1990</u>
Ski Boots and Bindings Steve Cook, PhD; and Mark Brinker, MD	<u>Winter, 1989</u>
Downhill Skiing Knee Injuries: How to minimize severity after the injury Fred Flandry, MD, FACS	<u>Winter, 1990</u>

Wrestling

Mouth Guards: Essential athletic gear Robert Hopkins, PT, SCS	<u>Fall, 2007</u>
Why Wear a Mouthpiece? Bruce Getz, ATC	<u>Spring, 2000</u>
Wrestling Injuries Reuben Sloan, MD	<u>Winter, 1997</u>
Weight Loss in Wrestlers: "Making weight safely" Joseph G. Jacko, MD	<u>Summer, 1990</u>

Neck

Cervical Spine Injuries in Sports Douglas W. Pahl, MD	<u>Winter, 2011</u>
Cheerleading Injuries David C. Rehak, MD; and Dennise Brogdon	<u>Fall, 2010</u>
Cervical Spine Injuries in Olympic Athletes Thomas N. Bernard, Jr., MD	<u>Winter, 2002</u>
Congenital Stenosis of the Cervical Spinal Canal John D. Dorchak, MD	<u>Spring, 2000</u>
Cervical Spine Fractures Larry Parker, MD	<u>Winter, 1997</u>
Cervical Stenosis: A risk factor for neck injuries in contact sports Kenneth B. Batts, DO	<u>Summer, 1993</u>
Conditioning the Neck and Shoulder: Preparing for contact sports W.D. Jones, PT, CSCS	<u>Summer, 1993</u>

Nutrition

Wellness by the Numbers William Etchison, MS	<u>Spring, 2013</u>
Nutritional Guidelines for Sports and Training C.J. Osier, MD	<u>Winter, 2013</u>
Assessing and Treating Osteoporosis: Separating Medical Knowledge from Common Notions Steven B. Leichter, MD, FACP, FACE	<u>Fall, 2012</u>
Gout: Causes, Symptoms, and Treatment Gabriel Hommel, MD	<u>Winter, 2012</u>
Energy Drinks: What's in them and are they safe? Benjamin P. Debelak, DO	<u>Fall 2011</u>
Pre-event Meals Tracy Greaves, ATC	<u>Fall, 2010</u>
Eat Healthy, Eat Local James W. Larson III, MD	<u>Winter, 2010</u>
Sports Nutrition for Athletes and the Rest of Us: There's nothing magic about it Jesse Wright, MS, RD, LD	<u>Fall, 2005</u>
Carbohydrates for an Active Lifestyle: Your body's energy supply Bobbi A. Farber, MD	<u>Fall, 2005</u>
No Miracle—Just Good Sense Bruce Getz, ATC	<u>Spring, 2004</u>
Weighing in Nutrition Belinda Barron, RDL	<u>Fall, 2003</u>
High Performance Fuel Belinda Barron, RDL	<u>Fall, 2003</u>

A High Fiber Diet: For weight loss and reducing risk for certain medical conditions Jan McBarron, MD	<u>Spring, 2003</u>
Exchanging Foods William C. Etchison, MS	<u>Winter, 2001</u>
Nutritional Guidelines for Athletes Leslie Balhatchet, RD, LD	<u>Fall, 1998</u>
Nutrition Guidelines for Healthier Living (Based on the new American Heart Association Statement) Jessie G. Wright, MS, RD, LD	<u>Spring, 1997</u>
Bean Cuisine: Nutrition without side effects Jessie Wright, MS, RD, LD	<u>Fall, 1995</u>
Nutrition for Diabetics: New recommendations for controlling diabetes Rita Panayioto, RD	<u>Winter, 1995</u>
Nutrition and Bone Health Belinda Barron, RD, LD	<u>Fall, 1994</u>
Nutrition Supplements: What's a woman to do? Rae Jean Harris, RD	<u>Winter, 1994</u>
Women's Health Trial: Teaching women to eat healthy and stay healthy Jessie Wright, MS, RD, LD	<u>Winter, 1994</u>
Getting the Most Out of Your Vegetables Jessie Wright, MS, RD, LD	<u>Fall, 1993</u>
Crash Diets and Eating Disorders Donna Tilton	<u>Spring, 1993</u>
Understanding Cholesterol: HDL, LDL, and atherosclerosis Douglas G. Browning, MD	<u>Spring, 1993</u>
Nutritional Need for Surgery Patients: Eat your vegetables! Joan E. Conyers, MS, RD, LD	<u>Winter, 1993</u>
Diet Guidelines for People with Gout Anne Marie deJong, RD	<u>Summer, 1992</u>
Nutritional Requirements for Adolescent Athletes in Training Jessie G. Wright, MS, RD, LD	<u>Spring, 1992</u>
Carbohydrate Loading Jesse Wright, MS, RD, LD	<u>Summer, 1991</u>
Lowering the Risk of Coronary Heart Disease: Reduced Fat Intake and the Use of Fat Substitutes Jesse Wright, MS, RD, LD	<u>Winter, 1991</u>
Body Composition: What does it mean? Laura Stokes, MS	<u>Summer, 1990</u>
Calcium: Food sources and supplements Jessie Wright, MS, RD, LD	<u>Spring, 1990</u>
Very Low Calorie Diets Jessie Wright, MS, RD., LD	<u>Winter, 1990</u>
Reducing Sodium Intake: Read the label, seasoning without salt Rachel Schafer, RD	<u>Fall, 1989</u>
Replacing Fluids and Electrolytes in Hot Weather Jesse Wright, MS, RD, LD	<u>Summer, 1989</u>
Controlling Cholesterol Jesse Wright, MS, RD, LD	<u>Spring, 1989</u>
Carbohydrate, Blood Sugar Level and Exercise: Strategies for getting control Jesse Wright, MSRD, LD	<u>Winter, 1989</u>

Olympic Events

Events in the Winter Olympics Grant L. Jones, MD	<u>Winter, 1998</u>
Atlanta's Quest for Olympic Gold: What it took to host the Centennial Games Cholly Minton	<u>Summer, 1996</u>
Olympic Baseball: July 20 - August 2, 1996 Barney Poole, MEd, PT, ATC	<u>Summer, 1996</u>
Swimming in the Olympic Games Michael Behr, MD	<u>Summer, 1996</u>
Olympic Weightlifting: July 20 - 30, 1996 Michael G. Popson, ATC, CSCS, CPT	<u>Summer, 1996</u>
Olympic Beach Volleyball: July 23 - 28, 1996 Todd A. Schmidt, MD	<u>Summer, 1996</u>
Olympic Road Cycling: July 21, July 31, and August 3, 1996 Alan Davis, MD	<u>Summer, 1996</u>
Olympic men's Basketball: July 20 - August 4, 1996 Kevin P. Murphy, MD; and Champ L. Baker, Jr., MD	<u>Spring, 1996</u>
Olympic Softball: July 21 - 30, 1996 Cholly Minton and John M. Henderson, DO	<u>Spring, 1996</u>
Olympic Table Tennis: You can't call it ping-pong anymore - July 23 - August, 1996 Keith Webster, MA, ATC	<u>Spring, 1996</u>
Olympic Softball Hits Columbus John M. Henderson, DO	<u>Spring, 1996</u>
Medical Care at the Olympic Venues Joseph S. Wilkes, MD; and David T. Watson, MD	<u>Spring, 1996</u>
 <i>Oral Medications/Injections</i>	
Vitamins and Supplements: Which Should You Take? Jessie G. Wright, MS, RD, LD	<u>Winter, 2014</u>
NCAA Drug Testing Kelli Seremet, ATC	<u>Fall, 2013</u>
Assessing & Training Osteoporosis: Separating Medical Knowledge from Common Notions Steven B. Leichter, MD, FACP, FACE	<u>Summer, 2013</u>
Glucosamine and Chondroitin: Can Supplements Help Your Knee Pain? Michael J. Maughon, Jr., MD	<u>Summer, 2012</u>
Corticosteroid Injections Erin Kawasaki, DO	<u>Spring, 2012</u>
Fractures and Proton Pump Inhibitors Gabriel Hommel, MD	<u>Fall, 2011</u>
Cortisone Injection Stacy Dimoff, ATC	<u>Summer, 2009</u>
Over-The-Counter Medication: Read the label Dennise Brogdon	<u>Winter, 2007</u>
Injections: A shot of relief Garland K. Gudger, MD	<u>Winter, 2005</u>
You and Your Medicine Nancy Chaffee, RPh, MSHA	<u>Winter, 2005</u>
Medications that Lower LDL Cholesterol Nancy Chaffee, RPh, MSHA	<u>Spring, 2004</u>
Aspirin in the News Nancy Chaffee, RPh, MSHA	<u>Spring, 2004</u>

What is a Corticosteroid Epidural Injection? Jefferey Deloach, DO	<u>Fall, 2001</u>
Glucosamine Sulfate and Chondroitin Sulfate: Do They Help Relieve Pain due to Osteoarthritis?	<u>Fall, 2000</u>
Raloxifene: A New Medication to fight osteoporosis William C. Etchison, MS; and David T. Curd, MS	<u>Fall, 1999</u>
A New Class of Arthritis Drugs Seth Feldman, DO	<u>Summer, 1999</u>
Ask the Doctor - What are the long-term effects of nonsteroidal anti-inflammatory drugs (NSAIDs)? Razib Khaund, MD	<u>Spring, 1997</u>
Training for a Better Lifestyle: Iontophoresis - Avoiding the needle Barney Poole, MEd, PT, ATC	<u>Summer, 1990</u>
Research - Erythropietin: Natural hormone used to stimulate red blood cell production J. Ronald Hunt, MD	<u>Spring, 1990</u>
 <i>Rehabilitation</i>	
Rehabilitation after Your Rotator Cuff Surgery Ryan Cotton, MD	<u>Fall, 2013</u>
Shoulder Replacement and the Rehabilitation that Follows J. Ryan Cotton, MD	<u>Spring, 2010</u>
Therapy by Certified Hand Therapists Linda Moore, OTR/L, CHT	<u>Spring, 2010</u>
In the Locker Room: Rehabilitation for your ankle sprain Elizabeth Smith, ATC	<u>Spring, 2010</u>
Rehabilitation for Disorders of the Kneecap Kim Hargrove, PT, MS	<u>Spring, 2010</u>
Rehabilitation for Low Back Pain Christie Thames, PT, DPT, HFS	<u>Spring, 2010</u>
Core Training: Separating fact from fiction Florence Aker, MA, CPT	<u>Winter, 2010</u>
Morton's Neuroma: In the training room Lou Tomasi, EdD	<u>Winter, 2009</u>
Wrist Fracture Therapy Linda Moore, OTR/L, CHT	<u>Spring, 2007</u>
Recovering from Spine Surgery William D. Jones, MS, PT	<u>Spring, 2006</u>
Core Stability: Have a "ball" building a strong core Eric Kuhlenberg, MEd, PT	<u>Winter, 2006</u>
Rehabilitation of Common Shoulder and Elbow Injuries David Keese, PT Rehabilitation of the Sacroiliac Joint William D. Jones, PT, CSCS	<u>Winter, 2004</u> <u>Winter, 2003</u>
Water Works: Aquatic therapy for osteoporosis Shannon B. Luca, PTA; and John M. Henderson, DO, FAAFP	<u>Summer, 2002</u>
Physical Therapy for Cast Immobilization William Larkin, SPT; and James A. Mullennax, MS, PT	<u>Spring, 2002</u>
Rehabilitation after Arthroscopic Surgery Teri L. LaSalle, MS, PT, ATC	<u>Spring, 2001</u>
Strengthen the Core to Help the Shoulder David Yeager, MSED, ATC, CCS	<u>Winter, 2001</u>

Strengthening Your New Joint Teri L. LaSalle, MS, PT	<u>Spring, 1999</u>
PNF: A New Way to Stretch! David Yeager, ATC, CCS	<u>Winter, 1999</u>
Rehabilitation of Quadriceps Contusions and Hip Pointers in Sports Scott Brackett, Bruce Getz, ATC; and Teri L. Minge, MS, PT	<u>Summer, 1998</u>
Rehabilitation for Tennis Injuries Elaine Ryan, PT	<u>Spring, 1998</u>
Rehabilitation for the Extensor Mechanism Teri L. Minge, MS, PT	<u>Winter, 1998</u>
Prevent Achilles Tendon Injury-Stretch! Teri Minge, PT	<u>Spring, 1997</u>
Conditioning the Neck and Shoulder: Preparing for contact sports W.D. Jones, PT, CSCS	<u>Summer, 1993</u>
Shoulder Strengthening: Preventing overuse injuries of the shoulder Tim Uhl, MS, PT, ATC	<u>Summer, 1993</u>
Rehabilitation after Intra-articular Reconstruction: A more rapid return Timothy L. Uhl, MS, PT, ATC	<u>Fall, 1992</u>
Rehabilitation after Extra-articular Surgery Dianne Bazor, PT	<u>Fall, 1992</u>
Occupational Therapy Devices for Arthritis Gretchen M. Hinson, OTR/L	<u>Summer, 1992</u>
Rehab for Tennis Elbow: The super 7 Tim Uhl, PT, ATC	<u>Winter, 1992</u>

Shoulder

Percutaneous Ultrasound Tenotomy: A new technique to treat tendinopathy M. Canaan Prater, DO and J. Ryan Mahoney, DO	<u>Fall, 2017</u>
Reverse Total Shoulder Arthroplasty Explained David A. Lalli, DO	<u>Winter, 2017</u>
Rotator Cuff Disease: A Spectrum of Problems Christopher Van Hofwegen, MD	<u>Fall, 2014</u>
Shoulder Dislocations James W. Larson III, MD	<u>Summer, 2014</u>
Manipulation of the Frozen Shoulder: Current Research at the Hughston Foundation Jared A. Brummel, DO	<u>Spring, 2014</u>
Rehabilitation after Your Rotator Cuff Surgery Ryan Cotton, MD	<u>Fall, 2013</u>
Advances in Orthopaedics Champ L. Baker III, MD	<u>Winter, 2013</u>
Little League Throwing Injuries Nathan J. Fanter, DO; and Champ L. Baker, Jr., MD	<u>Spring, 2011</u>
Women's Softball Injuries Champ L. Baker III, MD	<u>Fall, 2010</u>
Golf Injuries: The Links Jinx R. Grant Mostak, MD	<u>Summer, 2010</u>
Shoulder Replacement and the Rehabilitation that Follows J. Ryan Cotton, MD	<u>Spring, 2010</u>
A Painful Snapping Shoulder Augustine H. Conduah, MD	<u>Summer, 2009</u>

Mini-Open Rotator Cuff Repair John C. Balbás, MD	<u>Winter, 2009</u>
Baseball Players and their Shoulder Injuries (<i>reprint</i>) Champ L. Baker, Jr., MD; and Andrew W. Ayes, MD	<u>Spring, 2008</u>
Baseball Players and their Shoulder Injuries Champ L. Baker, Jr., MD; and Andrew W. Ayers, MD	<u>Winter, 2004</u>
Thermal Surgery David D. Nedeff, MD	<u>Summer, 2001</u>
Shoulder Injuries in Golfers David D. Nedeff, MD	<u>Summer, 2001</u>
What is Arthroscopy? Howard Routman, DO	<u>Spring, 2001</u>
Thermal Capsulorrhaphy of the Shoulder Howard Routman, MD	<u>Spring, 2001</u>
Shoulder Injuries in Children and Adolescents Mike Lauffenburger, MD	<u>Winter, 2001</u>
Strengthen the Core to Help the Shoulder David Yeager, MSED, ATC, CCS	<u>Winter, 2001</u>
Stingers and Burners Kurt E. Jacobson, MD	<u>Spring, 2000</u>
Having to "Shoulder" the Burden: Repetitive overuse injuries of the shoulder George M. McCluskey III, MD	<u>Winter, 1999</u>
Tennis Injuries: Are You an ace on the court? Nicholas E. Mihelic, MD	<u>Spring, 1998</u>
Rehabilitation for Tennis Injuries Elaine Ryan, PT	<u>Spring, 1998</u>
Separations of the Shoulder William Sutton, MD	<u>Fall, 1997</u>
Shoulder Injuries in Bow Hunters Mark A. Baker, PT; Bill Clemmons, PAC; and Garland K. Gudger, MD	<u>Fall, 1995</u>
Rotator Cuff Lesions George M. McCluskey III, MD	<u>Summer, 1995</u>
Ask the Doctor - What is a frozen shoulder? Todd A. Schmidt, MD	<u>Summer, 1994</u>
Conditioning the Neck and Shoulder: Preparing for contact sports W.D. Jones, PT, CSCS	<u>Summer, 1993</u>
Overuse Injuries to the Shoulder: Shoulder soreness in throwing and racquet sports George M. McCluskey III, MD	<u>Summer, 1993</u>
Shoulder Strengthening: Preventing overuse injuries of the shoulder Tim Uhl, MS, PT, ATC	<u>Summer, 1993</u>
Arthroscopic Subacromial Decompression: Relieving the pressure of shoulder impingement Champ L. Baker, Jr., MD	<u>Summer, 1993</u>
Total Shoulder Replacement: Keeping your most mobile joint moving George M. McCluskey III, MD	<u>Winter, 1993</u>
Acromioclavicular Joint Injury Kenny Howard, ATC	<u>Fall, 1991</u>
Early Season Throwing Fatigue Jim Madaleno, MS, ATC	<u>Spring, 1991</u>
Research - Avoiding Major Open Surgery for Unstable Shoulders David Higgins, MD	<u>Winter, 1991</u>

Swimmer's Shoulder: Impingement syndrome Robbie Leonard, PT	<u>Winter, 1990</u>
Training for a Better Lifestyle: Rotator cuff exercises Tab Blackburn, MEd, PT, ATC	<u>Spring, 1989</u>
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The Verdict on Vaping BreAnna Hankins, MS, LAT, ATC and McKenzie Wakefield, LAT, ATC	<u>Spring 2017</u>
Smoking & Musculoskeletal Health John Arnold, MD, MPH	<u>Spring, 2013</u>
Energy Drinks: What's in them and are they safe? Benjamin P. Debelak, DO	<u>Fall 2011</u>
Anabolic Steroids: Beefing up your knowledge Christopher Van Hofwegen, MD	<u>Summer, 2010</u>
Blood Doping David T. Curd, MS	<u>Fall, 2005</u>
Anabolic Steroids: Uses and abuses Nancy Chaffee, RPh, MSHA	<u>Fall, 2005</u>
Smokeless Tobacco: Where there's no smoke—there is fire Bruce Getz, ATC	<u>Spring, 2002</u>
Anabolic Steroids Bruce Getz, ATC	<u>Spring, 1999</u>
Creatine: Too good to be true? Brian McCluskey, PhD	<u>Fall, 1998</u>
The good and bad aspects of performance supplements Ana Paula Corsetti Garicia, MPH, LDN, RD; and Rolando Garcia, Jr., MD, MPH	<u>Summer, 1995</u>
Smoking: Can it affect bone healing? Joseph A. Martino, MD; and Angelo Galante, MD	<u>Spring, 1994</u>
Just Say No: Is it really that simple? Susan A. Thomason	<u>Spring, 1993</u>
Smokeless Tobacco Kenneth B. Batts, DO	<u>Spring, 1993</u>
Smokeless Tobacco: Dipping into danger William Cappiello, MD	<u>Fall, 1989</u>
Anabolic Steroids: Side effects William Cappiello, MD	<u>Spring, 1989</u>
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Surgical Approaches to Knee and Hip Replacement (reprint) Randall J. Ruark, MD	<u>Summer 2019</u>
Orthopaedic Components: What Makes a Total Knee Implant? (reprint) Erin Kawasaki, DO	<u>Summer 2019</u>
Carpal Tunnel Syndrome: Questions for a Specialist Pasquale F. Reino, DO	<u>Spring 2019</u>
Total Ankle Arthroplasty: Questions for a specialist B. Collier Watson, DO	<u>Spring 2018</u>
Minimally Invasive Spinal Surgery: At a glance Todd C. Bonvallet, MD	<u>Winter 2018</u>
New Developments in Hand Surgery David H. MacDonald, DO, FAOAO	<u>Winter 2018</u>

Surgical Approaches to Knee and Hip Replacement Randall J. Ruark, MD	<u>Winter 2018</u>
Percutaneous Ultrasound Tenotomy: A new technique to treat tendinopathy M. Canaan Prater, DO and J. Ryan Mahoney, DO	<u>Fall, 2017</u>
Reverse Total Shoulder Arthroplasty Explained David A. Lalli, DO	<u>Winter, 2017</u>
Driving After Orthopaedic Surgery Michael Chambers, MD	<u>Summer, 2015</u>
Metal-on-Metal Hip Replacements Randall J. Ruark, MD	<u>Spring, 2015</u>
Ilizarov Technique J. Matthew Heaton, MD	<u>Spring, 2014</u>
Rehabilitation after Your Rotator Cuff Surgery Ryan Cotton, MD	<u>Fall, 2013</u>
Hip Fractions in the Older Patients Matthew Heaton, MD	<u>Summer, 2013</u>
Advances in Treating the Spine Thomas N. Bernard, Jr., MD	<u>Summer, 2013</u>
Partial Knee Replacement R. Grant Mostak, MD	<u>Spring, 2013</u>
Advances in Total Joint Replacement Benjamin Schwartz, MD	<u>Winter, 2013</u>
Orthopaedic Components: What Makes a Total Knee Implant? Erin Kawasaki, DO	<u>Summer, 2012</u>
Down Syndrome and Orthopaedic Problems Nathan J. Fanter, DO	<u>Winter 2012</u>
Arthroscopy of the Elbow Champ L. Baker, Jr., MD	<u>Spring, 2009</u>
Small Incision Techniques in Hand Surgery David C. Rehak, MD	<u>Spring, 2009</u>
Extreme Lateral Interbody Fusion John D. Dorchak, MD	<u>Spring, 2009</u>
Hip Arthroscopy Paul A. Whatley, MD	<u>Spring, 2009</u>
Carpal Tunnel Release: Small Incision, big relief David C. Rehak, MD	<u>Winter, 2009</u>
Mini-open Rotator Cuff Repair John C. Balbás, MD	<u>Winter, 2009</u>
Total Knee Replacement: Surgery for the severely arthritic knee, <i>(reprint)</i> Carlton G. Savory, MD, FACS	<u>Fall, 2008</u>
Advances in Knee Surgery: Improved treatment and outcomes Kurt E. Jacobson, MD	<u>Winter, 2008</u>
Degenerative Disc Disease: When is surgery needed? J. Kenneth Burkus, MD	<u>Spring, 2003</u>
Thermal Surgery David D. Nedeff, MD	<u>Summer, 2001</u>
What is Arthroscopy? Howard Routman, DO	<u>Spring, 2001</u>
Arthroscopic Microdiscectomy: New surgery for low back pain John D. Dorchak, MD	<u>Spring, 1995</u>
Ask the Doctor - When might we see artificial replacement for joints other than the hip or knee?	<u>Summer, 1993</u>

Fred Flandry, MD, FACS Total Knee Replacement: Surgery for the severely arthritic knee Carlton G. Savory, MD, FACS	<u>Winter, 1993</u>
Ask the Doctor - Is general anesthesia necessary for arthroscopic surgery? Research - New Technology for Knee Surgery: Can the Swelling and Pain of Knee Surgery be Reduced? Stephen Liu, MD	<u>Winter, 1993</u> <u>Spring, 1992</u>
Lasers in Medicine: Surgery without the knife Robert Burger, MD	<u>Fall, 1991</u>
Research - Avoiding Major Open Surgery for Unstable Shoulders David Higgins, MD	<u>Winter, 1991</u>
<i>Weight Management</i>	
Wellness by the Numbers William Etchison, MS	<u>Spring, 2013</u>
The Female Athlete Triad John Akins, MD	<u>Spring, 2011</u>
Anorexia Athletica: Being compulsive about exercise Kelly Robertson, ATC	<u>Winter, 2010</u>
Weight Cycling William C. Etchison, MS	<u>Summer, 2009</u>
What is Reverse Anorexia? A body image in turmoil Dennise Brogdon	<u>Fall, 2005</u>
The Weight of Obesity Carlton G. Savory, MD, FACS	<u>Spring, 2004</u>
What is BMI? Carlton G. Savory, MD, FACS	<u>Spring, 2004</u>
The Woes of Obesity William C. Etchison, MS	<u>Spring, 2004</u>
No Miracle—Just Good Sense Bruce Getz, ATC	<u>Spring, 2004</u>
The Balancing Act: What's a girl to do? Bobbi A. Farber, MD	<u>Fall, 2003</u>
Why do We Gain Weight as We age? William E. Roundtree, MD	<u>Spring, 2003</u>
The Female Athlete Triad Bruce Getz, ATC	<u>Summer, 2002</u>
The Female Athlete Triad Teresa Lynch, PT, ATC; and Turner A. Blackburn, Jr., PT	<u>Fall, 1996</u>
Body Composition: How fat is fat? William C. Etchison, MS	<u>Winter, 1994</u>
Crash Diets and Eating Disorders Donna Tilton	<u>Spring, 1993</u>
Weight Loss in Wrestlers: "Making weight safely" Joseph G. Jacko, MD	<u>Summer, 1990</u>
Nutrition - Body Composition: What does it mean? Laura Stokes, MS	<u>Summer, 1990</u>
Very Low Calorie Diets Jessie Wright, MS, RD., LD	<u>Winter, 1990</u>

Work-Related

Computer Ergonomics: Working Effectively Without Pain William C. Etchison, MS	<u>Summer, 2015</u>
Return to Work: A Process that works Steve Young, PT	<u>Fall, 2009</u>
Low Back Pain Eric Kuhlenberg, PT	<u>Fall, 2009</u>
Ergonomics at Work William C. Etchison, MS	<u>Fall, 2009</u>
Accident Reports & Employee Involvement Diane Ivey, BS, CMA	<u>Fall, 2009</u>
2009 Amendments to the GA Workers' Compensation Act Luanne Clarke, Esq; and G. Robert Ryan., Jr., Esq	<u>Fall, 2009</u>
When an Employee is Injured... Time is of essence David C. Rehak, MD	<u>Summer, 2004</u>
The Role of the Occupational and Environmental Health Nurse Pat McKay, MS, RN, COHNS/CM	<u>Summer, 2004</u>
The Worker and Low Back Pain Eric Kuhlenberg, PT	<u>Summer, 2004</u>
The Injured Employee J. Benjamin Belle, PT	<u>Summer, 2004</u>
Ergonomics William C. Etchison, MS	<u>Summer, 2004</u>
Ergonomic Hints for Computer Users David Curd, MS; and William C. Etchison, MS	<u>Winter, 1999</u>
Micro-breaks in the Workplace: You deserve them! William C. Etchison, MS	<u>Fall, 1995</u>
Functional Capacity Assessment: For a safe return to work Lynn McCluskey, MEd	<u>Winter, 1992</u>