

Hughston Health Alert

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Degenerative Chondromalacia

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Glucosamine Sulfate and Chondroitin Sulfate: Do They Help Relieve Pain due to Osteoarthritis?

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Early Osteoarthritis, Exercise, and Joint Protection

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Mike Lauffenburger, MD

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Champ L. Baker, Jr., MD; and Peter Hester, MD

Wrist Arthroscopy

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Congenital Malalignment of the Foot

John R. Stephenson, MD

Commonly Prescribed Orthoses for the Lower Limb

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Are you Ready for an Exercise Program?

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Hand and Wrist Injuries in Winter Sports

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The Hard Facts of Casting, Protecting injured bones

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William Larkin, SPT; and James A. Mullennax, MS, PT

TMJ Disorders and Treatment

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Orthopaedic Traumatology, an emerging subspecialty, (no byline)

Smokeless Tobacco, Where there's no smoke—there is fire

Bruce Getz, ATC

BIO: William D. Terrell, MD

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How do I know if I have Osteoporosis? Testing for bone loss

Kristyn Fagerberg, MD

What Can Be Done about Osteoporosis, Prevention and treatment

Clark H. Cobb, MD

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Test Your Osteoporosis IQ

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Water Works, Aquatic therapy for osteoporosis

Shannon B. Luca, PTA; and John M. Henderson, DO, FAAFP

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Stephanie L. Silberberg, MD

Concussion, A problem from heading the ball in soccer

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Soccer Shoes, So many options

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BIO: In Memory of Stephen C. Hunter, MD

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Volume 15, Number 2, Spring 2003 (Degenerative Disc Disease & strength training)

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J. Kenneth Burkus, MD

Weightlifting for Adolescents and Children: When to begin and how much is too much?

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Strengthening Your Core

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A High Fiber Diet: For weight loss and reducing risk for certain medical conditions

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Cyclist's Hands, Overcoming overuse injuries

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Returning to Cycling Fitness, Are you ready to roll?

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Safety, It's as easy as riding a bike

Lisa Kimbrough, BS; and Bruce Getz, ATC

West Nile Virus, Should it be bugging you?,

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BIO: Curt Starling, MD

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The Balancing Act: What's a girl to do?

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High Performance Fuel

Belinda Barron, RDLD

BIO: Kurt E. Jacobson, MD

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Overuse Injuries: Common problems for young baseball players

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Volume 16, Number 2, Spring 2004 (Obesity and weight loss)

The Weight of Obesity

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What is BMI? (no author part of Dr. Savory's article)

The Woes of Obesity

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Medications that Lower LDL Cholesterol

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Basketball and the Foot and Ankle

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BIO: Glenn C. Terry, MD

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Runner, Start Your Engines!

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Heat Illness, Early prevention is the key

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Summer Skin Care, Get your vitamin D in moderation

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What is Reverse Anorexia? A body image in turmoil

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Anabolic Steroids: Uses and abuses

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Core Stability: Have a "ball" building a strong core

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Drug Therapy and Arthritis: Non-Steroidal Anti-Inflammatory Drugs

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Osteoarthritis Pain, Should you give injections a shot?

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Anterior Cruciate Ligament Injuries, Reprint,

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Total Knee Replacement: Surgery for the Severely Arthritic Knee, Reprint

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- Glucosamine and Chondroitin: Can Supplements Help Your Knee Pain?

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- Managing the Polytrauma Patient
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- Pelvic Fractures
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- Reverse Total Shoulder Arthroplasty Explained
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- I Have Scoliosis, Which Sports Can I Play?
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