

What's in your PLAYBOOK for Healthy Joints & Bones?



Emory Orthopaedics & Spine Center has locations across the metro Atlanta area to help you get back in action.

Your bones and joints are at the core of every movement. An injury or illness in any of these areas can disrupt your routine and lead to a less active lifestyle.

Emory Orthopaedics & Spine Center offers innovative options to diagnose, treat and repair joint problems, typically resulting from sprains, fractures, dislocations, or from natural wear and tear. From non-surgical treatments to surgical options, our goal is to help you return to a full and active lifestyle.

Together, we've formulated an Orthopaedic PlayBook to help you lead a full life without experiencing daily, chronic pain.

- ❖ **Don't Miss a Sign:** Discomfort associated with joints or bones shouldn't be ignored. Meet with your physician to see if these are symptoms of osteoporosis, arthritis or other issues. He or she will determine whether you are at risk, and can recommend exercises, medications and/or lifestyle modifications.
- ❖ **A Balanced Exercise Regimen:** Staying fit is always a good idea, and make sure you include exercises that increase flexibility and balance, which are keys to preventing falls.
- ❖ **Stay Off the Inactive List:** As we age, our bones lose strength and mass, becoming thinner and more brittle. Following a calcium-rich diet can maintain bone mass and decrease your risk of fractures. Make sure to get enough Vitamin D.
- ❖ **Unworthy Opponents:** Tobacco and many sodas are not on your team. They can affect your body's ability to absorb calcium, and may contribute to weak bones.
- ❖ **Hit Your Stride:** Weight-bearing exercises such as walking can help minimize bone loss and prevent fractures. But before starting any exercise program, clear it with your physician.
- ❖ **Don't Forget the Intangibles:** Bone health can be affected by age, gender, race and family history. Knowing their potential influence can help you remain healthier through the years.
- ❖ **You Make the Call:** To make an appointment, please call 404-727-1111 or visit emoryhealthcare.org/ortho for more information.

PLAYBOOK
FOR HEALTH

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 Official Team Healthcare Provider