

Management of Disease and Injury

Orthopedic Pak

Lifestyle

- How to Prevent Back Pain
- Managing Stress
- Muscles
- Preventing Traumatic Brain Injury

Conditions, Diagnoses

- Arthritis - General
- Back Pain - Introduction to Pain Management
- Deep Vein Thrombosis
- Expressing Your Pain
- Fractures and Sprains and Treatment Options
- Fractures and Treatment Options
- Osteoarthritis
- Rotator Cuff Injuries
- Tennis Elbow and Surgical Treatment
- Spinal Cord Injury
- Vertebral Compression Fracture

Diagnostics

- CAT Scan Guided Biopsy of a Spinal Lesion
- Cerebral Angiogram
- CT Scan
- Expressing Your Pain
- Lab Draws
- MRI (Magnetic Resonance Imaging)
- Myelogram
- Ultrasound
- X-Ray

Medication

- Arixtra
- Coumadin - Introduction for New Users
- Coumadin - Review for Current Users
- Injections (see Treatment)
- Lovenox
- Medication Safety

Treatment

- ACF (Anterior Cervical Fusion) -Hip Bone
- ACF - Banked Bone
- ACF - Banked Bone - Plating
- ACF - General
- ACF- Hip Bone - Plating

- ACF - Post Op Anterior
- Back Exercises
- Back Pain - Introduction to Pain Management
- Carpal Tunnel Release - Endoscopic
- Carpal Tunnel Release – Open
- Cervical Discectomy without Fusion
- Cervical Fusion - Posterior
- Cervical Laminectomy & Possible Disk Excision
- Cranioplasty
- Cubital Tunnel Surgery
- Epidural Injections
- Expressing Your Pain
- Facet Injections
- Fractures and Sprains & their Treatment Options
- Fractures and Treatment Options
- Hip Replacement
- Hip Replacement - Physical Therapy
- Hip Replacement - Preventing Post Op Complications
- Incision Care
- Intramuscular Injections
- Intrathecal Injections
- Knee Arthroscopy
- Knee Replacement
- Knee Replacement – Partial
- Knee Replacement - Physical Therapy
- Knee Replacement - Preventing Post Op Complications
- Knee Surgery - Open
- Lumbar Discectomy – Endoscopic
- Lumbar Discectomy - Minimally invasive
- Lumbar Discectomy - Open
- Lumbar Discectomy - Post Op
- Lumbar - Laminectomy & Possible Disk Excision
- Lumbar Laminectomy & Possible Disk Excision - Minimally invasive
- Massage Therapy
- Neck Exercises
- Neurosurgery, What Is
- Sacro-Iliac Injections
- Shoulder Arthroscopy
- Shoulder Replacement
- Shoulder Replacement - Preventing Post Op Complications

Management of Disease and Injury

Orthopedic Pak (continued)

- Shoulder Surgery – Open
- Stellate Block
- Subcutaneous Injection
- Surgery for De Quervain's Tendonitis
- Surgery for Ganglion Cysts
- Tarsal Tunnel Release
- Tennis Elbow and Surgical Treatment
- Trigeminal Neuralgia
- Trigger Finger Surgery
- Trigger Point Injections

Therapy

- Back Exercises
- Back Pain - Introduction to Pain Management
- Expressing Your Pain
- Hip Replacement - Physical Therapy
- Injections (see Treatment)
- Knee Replacement - Physical Therapy
- Massage Therapy
- Neck Exercises

Surgery Readiness

- Advanced Medical Directives
- Discharge Instructions - General
- Durable Power of Attorney
- Foley Catheter - Male
- Foley Catheter Your Choices- Female
- General Anesthesia
- Incision Care
- Jugular Inserted Central Catheter (JICC)
- Living Will
- Neurosurgery, What Is
- Open Heart Surgery - What to Expect
- Patient Safety
- Peripherally Inserted Central Catheter (PICC)
- Pneumonia
- Preparing for Surgery
- Preparing for Surgery - Part 1
- Preparing for Surgery - Part 2
- Preventing an Infection After Surgery
- Spinal Anesthesia
- Spinal Epidural
- The Office Visit
- Using an Incentive Spirometer

Job Related Injuries and Exposure

- How to Prevent Back Pain
- Burns
- Carpal Tunnel - Prevention
- Dust Mite Allergy
- Expressing Your Pain
- General Safety At Work
- Hearing Loss
- Hepatitis B
- Hepatitis C
- H1N1 Flu (Swine Flu)
- Influenza - Flu
- Latex Allergies
- Migraine Headache
- Post - Traumatic Stress Disorder (PTSD)
- Preventing Pesticide Poisoning
- Protect Yourself from Pesticides - Pesticide Handlers
- Preventing Infections - Hand Washing
- Pulmonary Function Testing
- Smallpox
- Tuberculosis

Cardiac Disease Pak

Lifestyle

- Eating Healthy
- Exercising For A Healthy Life
- Living Healthy
- Managing Cholesterol
- Managing Stress
- Preventing Strokes
- Smoking, The Facts
- Smoking, Your Choice
- Weight Management

Conditions, Diagnoses

- Angina
- Arrhythmias
- Atrial Fibrillation
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure
- Deep Vein Thrombosis
- Depression - Intro

Management of Disease and Injury

Cardiac Disease Pak (continued)

- Erectile Dysfunction
- Heart Attack
- Hypertension
- Mitral Valve Prolapse

Diagnostics

- Echocardiogram
- Echocardiography Stress Test
- Lab Draws
- MRI (Magnetic Resonance Imaging)
- Ultrasound
- X-Ray

Medication

- Coumadin - Introduction for New Users
- Coumadin - Review for Current Users
- Managing Cholesterol
- Medication Safety

Treatment

- Angio-Seal
- Angiogram With Possible Angioplasty Or Possible Stent Placement - Lower Extremity
- Aortic Angiography
- Cardiac Rehabilitation
- Coronary Angiography and Possible Angioplasty
- Coronary Angiography
- Coronary Angioplasty
- Coronary Artery Bypass Graft
- Heart Valve Replacement
- Implantable Cardioverter Defibrillator
- Incision Care
- Open Heart Surgery - What to Expect
- Pacemakers
- Stroke - Rehabilitation
- The Office Visit
- Ventricular Assist Device (VAD)

Diabetes Awareness Pak

- Diabetes - Meal Planning
- Diabetes – Carbohydrate Counting
- Diabetes - Eye Complications
- Diabetes - Foot Care
- Diabetes Introduction

- Diabetic Retinopathy
- Diabetic Retinopathy and Photographic Screening
- Erectile Dysfunction
- Exercising for a Healthy Life
- Hypoglycemia
- Self Subcutaneous Injection
- Taking Injectable Insulin
- Type 1 Diabetes
- Type 2 Diabetes
- Using Your Blood Glucose Monitor Accucheck
- Using Your Blood Glucose Monitor One Touch Ultra
- Weight Management

Obesity Awareness Pak

- Eating Healthy
- Gastric Banding
- Gastric Bypass
- Heart Diseases, How to Prevent
- Hypertension
- Managing Stress
- Preventing Strokes
- Weight Management

Smoking Awareness Pak

- Cancer, How to Prevent - Healthy Life Habits
- Heart Diseases, How to Prevent
- Hypertension
- Living Healthy
- Managing Stress
- Preventing Strokes
- Smoking, The Facts
- Smoking, Your Choice