

Websites

orthoinfo.aaos.org Use the Patient Education Library at the *American Academy of Orthopedic Surgeons* site. You may click on a part of the “skeleton” to see a list of disorders related to that part of the body.

saveyourknees.org *Save Your Knees* is a Web portal developed by the *American Academy of Orthopedic Surgeons*. It is full of multimedia information focused on knees: keeping knees healthy, exercise, common knee problems, injury prevention and treatments – including non-surgical and surgical options – and more.

arthritis.org *The Arthritis Foundation* website shares information on osteoarthritis, rheumatoid arthritis and juvenile arthritis. Check out the “Learn About Arthritis” menu for additional information.

nof.org *The National Osteoporosis Foundation* website. See menus across the top for additional information: Learn (prevention and detection), Live (management and quality of life), Connect (support groups and events).

medlineplus.gov *MedlinePlus* is the comprehensive consumer health information database of the National Library of Medicine. Enter “muscles” or “bones” or “joints” in the search box to be led to many reputable resources.

Local Resources

aurora.org *Aurora Health Care’s* website of health information for consumers. Enter “osteoporosis” or “joints” or “muscles” in the search box in the upper right to link to a wide variety of information.

In addition, information about a variety of classes on exercise, pain management and living with chronic conditions is available at the Aurora Health Care website. The classes are available at multiple locations throughout Aurora. Visit **aurora.org** and click on the Classes & Events tab. Search using appropriate terms, such as arthritis, joints, muscles, etc. Also search the Aurora website under the Services tab for specific topics such as Orthopedic Services and Pain Management for additional information.

Books

100 Questions & Answers About Osteoporosis and Osteopenia by Ivy M. Alexander and Karla A. Knight, Jones & Bartlett, 2010, ISBN 0763777803, \$19.95. A complete guide for those living with osteoporosis and osteopenia.

Arthritis: 300 Tips for Making Life Easier by Shelly Peterman Schwarz, Demos Health, 2009, ISBN 1932603670, \$16.95. Written by a person with arthritis, this guide is full of tips about dealing with the daily issues and stress.

Change Your Posture, Change Your Life : How the power of the Alexander Technique can combat back pain, tension and stress by Richard Brennan, Watkins, 2012, ISBN 9781780280240, \$14.95. The Alexander Technique is a proven method for breaking down bodily tension to restore natural ease of movement.

The 10 Best Questions for Living with Fibromyalgia: The Script You Need to Take Control of Your Health by Dede Bonner, PhD, Simon & Schuster, 2009, ISBN 141656053X, \$15. A resource that empowers fibromyalgia patients to take charge of a debilitating disease and get the health care they deserve.

Get Your Lower Back Pain Under Control – and Get on with Life by Anthony H. Guarino, MD, Johns Hopkins University Press, 2010, ISBN 978-0801897313, \$18.95. This book explains the range of available treatment options for back pain relief, including medications, exercise, injections, surgery, psychological interventions and alternative treatments.

Every Woman’s Guide to Foot Pain Relief: The New Science of Healthy Feet by Katy Bowman, MS, BenBella Books, 2011, ISBN 9781936661077, \$16.95. Links foot pain to a variety of medical disorders while sharing advice on how to heal and prevent pain and slow related damage to the rest of the body.

Books on this topic are available for checkout from the Aurora Libraries and may also be available at your public library.