

MSK CARE: ADDRESSING 45+ MSK CONDITIONS

Review these articles to support your understanding of over 45 Musculoskeletal Conditions and discover highly effective treatment processes. Just click the selected link to view the article in your browser.

Jaw & Head Region

1. [Jaw Pain: Temporomandibular Disorders](#)
2. [Tension Headaches](#)
3. [Tinnitus](#)
4. [Vertigo: Benign Paroxysmal Positional Vertigo](#)

Cervical Region

1. [Neck Pain Solutions](#)
2. [Posture Perfect: Aligning Your Body with Manual Therapy and Exercise](#)
3. [Whiplash: Part 1 – The Crash Course](#)
4. [Whiplash: Part 2 – Symptoms, Diagnosis, WAD Criterion](#)
5. [Whiplash: Part 3 – Treatment & Exercise](#)

Shoulder Region

1. [Frozen Shoulder](#)
2. [Rotator Cuff Injuries](#)
3. [Scapular Winging: From Origins to Solutions](#)
4. [Shoulder Injuries – Part 1: Five Joints to Consider](#)
5. [Shoulder Injuries – Part 2: Seventeen Muscles](#)
6. [Shoulder Injuries – Part 3: The Rotator Cuff + Shoulder Diagnosis](#)
7. [Thoracic Outlet Syndrome – Part 1](#)
8. [Thoracic Outlet Syndrome – Part 2](#)

Elbow Region

1. [Golfer's and Tennis Elbow](#)
2. [Radial Nerve Entrapment](#)
3. [Ulnar Nerve Entrapment](#)

Wrist & Hand Region

1. [Carpal Tunnel Syndrome – Part 1](#)
2. [Carpal Tunnel Syndrome – Part 2](#)
3. [Osteoarthritis of the Hands](#)
4. [Radial Nerve Entrapment](#)
5. [Ulnar Nerve Entrapment](#)

Low Back Region

1. [Simple Low Back Pain \(SLBP\)](#)
2. [Degenerative Disc Disease](#)
3. [Lumbar Spinal Stenosis](#)
4. [Sciatica – Part 1: Origins and Implications](#)
5. [Sciatica – Part 2: Causes & Diagnosis](#)
6. [Sciatica – Part 3: Conservative Treatment](#)
7. [Sciatica – Part 4: Exercise & ADL](#)
8. [SI Joint Pain](#)

Hip Region

1. [Hip & Knee Osteoarthritis: Part 1 – Intro & Diagnosis](#)
2. [Hip & Knee Osteoarthritis: Part 2 – Manual Therapy & Exercise](#)
3. [Rock-Solid Glutes: Enhance Athletic Prowess & Stay Injury-Free!](#)

Upper Leg Region

1. [Groin Strain Recovery](#)
2. [Quadriceps/Hamstring Imbalances](#)
3. [Hamstring Injuries](#)



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Knee Region

1. [Hip & Knee Osteoarthritis – Part 1: Diagnosis](#)
2. [Hip & Knee Osteoarthritis – Part 2: Manual Therapy & Exercise](#)
3. [Iliotibial Band Syndrome](#)
4. [Jumper's Knee - Patellar Tendinopathy](#)
5. [Ligament Injuries: ACL, PCL, MCL, LCL](#)
6. [Meniscus Injuries – Part 1: Introduction](#)
7. [Meniscus Injuries – Part 2: Diagnosis & Acute Stage](#)
8. [Meniscus Injuries – Part 3: Manual Therapy & Exercise](#)
9. [Osgood-Schlatter Disease](#)
10. [Popliteus Muscle - "The Key of the Knee"](#)
11. [Runner's Knee: Patellofemoral Pain Syndrome](#)

Lower Leg Region

1. [Achilles Tendon Injuries](#)
2. [Shin Splints - "Too Much, Too Soon"](#)

Ankle & Foot Region

1. [Ankle Sprains](#)
2. [Bunions: Douse the Flame of Foot Pain!](#)
3. [Foot Drop Solutions](#)
4. [Hammer Toes](#)
5. [Improve Ankle Mobility](#)
6. [Lateral Foot Pain – Part 1 - Cuboid Syndrome](#)
7. [Lateral Foot Pain – Part 2 - Diagnosis & Treatment](#)
8. [Medial Ankle Pain: Dancer's Tendonitis](#)
9. [Plantar Fasciitis: Causes, Effects, and Solutions](#)
10. [Plantar Fasciitis Exercises](#)

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Unlocking Health Clarity Understanding Your Condition and Care

Gain clarity about MSK conditions. Click any link in this document to explore over 45 musculoskeletal conditions that we treat. Each article will help you:

1. Understand your specific health issue.
2. Familiarize yourself with our diagnoses, therapies, and follow-up processes.
3. Determine the expected treatment duration for your condition.
4. Discover how we customize treatments to meet your unique needs

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