

Illinois Bone And Joint Institute

Keyboard shortcuts 1c7f13be89 Dan's Story: From Chronic Pain to Recovery After Shoulder and Knee Replacement - Dan's Story: From Chronic Pain to Recovery After Shoulder and Knee Replacement by Illinois Bone \u0026 Joint Institute 67 views 2mo ago 55 seconds - play Short - Dan DiGrazia is an Army veteran, scuba diver, and grandfather of three who has always enjoyed staying active. When shoulder ... 1c7f13be89 Prevent sports injuries with Illinois Bone \u0026 Joint Institute - Prevent sports injuries with Illinois Bone \u0026 Joint Institute 3 minutes, 57 seconds - Paddle tennis and pickle ball have become popular as spring sports arrive once again, which also means a rise in injuries. 1c7f13be89 Sleeper Stretch 1c7f13be89 On Your Team - Illinois Bone \u0026 Joint Institute - IBJI - On Your Team - Illinois Bone \u0026 Joint Institute - IBJI 31 seconds - When you fall on hard times, you need a team. A team who understands your pain, who lifts you up, who knows how to make it ... 1c7f13be89 What is Phase 1 1c7f13be89 What kind of comfort do you offer 1c7f13be89 Search filters 1c7f13be89 Recovery After Shoulder Surgery - Phase 1 - Physical Therapy Exercises at Home - Recovery After Shoulder Surgery - Phase 1 - Physical Therapy Exercises at Home 8 minutes, 3 seconds - Join Dr. Craig Cummins, Orthopedic Surgeon with Fellowship Training in Shoulder Surgery and Sports Medicine at the **Illinois**, ... 1c7f13be89 Subtitles and closed captions 1c7f13be89 Recovery After Shoulder Surgery - Phase 2 - Physical Therapy Exercises at Home - Recovery After Shoulder Surgery - Phase 2 - Physical Therapy Exercises at Home 4 minutes, 50 seconds - Join Dr. Craig Cummins, Orthopedic Surgeon with Fellowship Training in Shoulder Surgery and Sports Medicine at the **Illinois**, ... 1c7f13be89 Intro 1c7f13be89 Postural Re-Education - Postural Re-Education 4 minutes, 47 seconds - Improve your posture and reduce neck and shoulder strain with this postural re-education exercise program led by a licensed ... 1c7f13be89 How Physical Therapy Can Help Sciatica Pain with IBJI's Dain Hampton, PT, DPT - How Physical Therapy Can Help Sciatica Pain with IBJI's Dain Hampton, PT, DPT 1 hour - Visit <https://www.ibji.com> to learn more or schedule an appointment. 1c7f13be89 Meet IBJI's Nathan Wetters, MD, Sports Medicine and Shoulder Surgeon - Meet IBJI's Nathan Wetters, MD, Sports Medicine and Shoulder Surgeon 49 seconds - Meet Dr. Nathan Wetters, a board-certified orthopedic surgeon at IBJI specializing in sports medicine and shoulder surgery. 1c7f13be89 Meet IBJI's Daniel Dean, MD - Meet IBJI's Daniel Dean, MD 1 minute, 5 seconds - Dr. Dean is an orthopedic surgeon with fellowship training in foot and ankle surgery. Visit <https://www.danieldeanmd.com/> for ... 1c7f13be89 Intro 1c7f13be89 Osteoarthritis vs. Osteoporosis: Know the Difference with IBJI's Teresa Sosenko, MD. - Osteoarthritis vs. Osteoporosis: Know the Difference with IBJI's Teresa Sosenko, MD. 57 minutes - In recognition of Arthritis Awareness Month, join us to better understand two of the most common conditions affecting **joint**, and ... 1c7f13be89 Slings 1c7f13be89 Hand Health in Aging Adults with IBJI's Leon Benson, MD, CMO - Hand Health in Aging Adults with IBJI's Leon Benson, MD, CMO 1 hour, 1 minute - Healthy hands are essential for maintaining independence and enjoying everyday activities, yet pain, inflammation, stiffness, and ...

1c7f13be89 Playback 1c7f13be89 A Day in the Life with IBJI's Dr. Jeffrey Ackerman, Orthopedic Surgeon - A Day in the Life with IBJI's Dr. Jeffrey Ackerman, Orthopedic Surgeon by Illinois Bone \u0026 Joint Institute 279 views 2mo ago 40 seconds - play Short - Join Dr. Jeffrey Ackerman, fellowship trained hip and knee orthopedic specialist, for a day in the life of a surgeon! From the ... 1c7f13be89 Receive Expert Joint Care At Illinois Bone \u0026 Joint Institute - Receive Expert Joint Care At Illinois Bone \u0026 Joint Institute 4 minutes, 11 seconds - Sponsored by **Illinois Bone**, \u0026 **Joint Institute**, If you're ever in a position where you need a **joint**, replacement, it can feel ... 1c7f13be89 Recovery After Shoulder Surgery - Phase 3 - Physical Therapy Exercises at Home - Recovery After Shoulder Surgery - Phase 3 - Physical Therapy Exercises at Home 5 minutes, 38 seconds - Join Dr. Craig Cummins, Orthopedic Surgeon with Fellowship Training in Shoulder Surgery and Sports Medicine at the **Illinois**, ... 1c7f13be89 Illinois Bone \u0026 Joint Institute: Scoliosis Awareness Month - Illinois Bone \u0026 Joint Institute: Scoliosis Awareness Month 3 minutes, 48 seconds - Sponsored by **Illinois Bone**, \u0026 **Joint Institute**, It's officially June which is also the start of Scoliosis Awareness Month - a time to ... 1c7f13be89 Rapid Recovery after Hip and Knee Replacement Surgery with IBJI's Kathryn L. Fideler, MD - Rapid Recovery after Hip and Knee Replacement Surgery with IBJI's Kathryn L. Fideler, MD 1 hour, 2 minutes - Recovering from hip or knee replacement doesn't have to take months. Thanks to rapid recovery protocols at **Illinois Bone**, \u0026 **Joint**, ... 1c7f13be89 Cane Flexion 1c7f13be89 Intro 1c7f13be89 Illinois Bone \u0026 Joint Institute - Illinois Bone \u0026 Joint Institute 2 minutes, 1 second 1c7f13be89 Osteoarthritis vs. Osteoporosis: Know the Difference with IBJI's Teresa Sosenko, MD. - Osteoarthritis vs. Osteoporosis: Know the Difference with IBJI's Teresa Sosenko, MD. 57 minutes - In recognition of Arthritis Awareness Month, join us to better understand two of the most common conditions affecting **joint**, and ... 1c7f13be89 Meet IBJI's Garo Emerzian, DPM, Podiatric Surgeon - Meet IBJI's Garo Emerzian, DPM, Podiatric Surgeon 1 minute, 6 seconds - Meet Dr. Garo Emerzian, a board-certified podiatric surgeon with over 26 years at **Illinois Bone**, \u0026 **Joint Institute**,. A former Division I ... 1c7f13be89 Top Running Foot \u0026 Ankle Injuries with IBJI's Dr. Austin Chinn - Top Running Foot \u0026 Ankle Injuries with IBJI's Dr. Austin Chinn 26 minutes - Visit <https://www.ibji.com> to learn more or schedule an appointment. 1c7f13be89 Chicago Hounds \u0026 IBJI Sports Medicine Partnership: Keeping the Hounds on the Pitch - Chicago Hounds \u0026 IBJI Sports Medicine Partnership: Keeping the Hounds on the Pitch 3 minutes, 8 seconds - Rugby is a brutal, high-impact sport where athletes hit hard and get hit harder. Ever wonder what it takes to keep these players ... 1c7f13be89 Pendulums 1c7f13be89 Prevent Pickleball Injuries With Illinois Bone \u0026 Joint Institute - Prevent Pickleball Injuries With Illinois Bone \u0026 Joint Institute 3 minutes, 55 seconds - Sponsored by **Illinois Bone**, \u0026 **Joint Institute**, Pickleball, tennis and more are all fun but sometimes falling is just inevitable. 1c7f13be89 Hand Health in Aging Adults with IBJI's Leon Benson, MD, CMO - Hand Health in Aging Adults with IBJI's Leon Benson, MD, CMO 1 hour, 1 minute - Healthy hands are essential for maintaining independence and enjoying everyday activities, yet pain, inflammation, stiffness, and ... 1c7f13be89 Meet IBJI's Todd R. Rimington, MD, Hand and Upper Extremity Surgeon - Meet IBJI's Todd R. Rimington, MD, Hand and Upper Extremity Surgeon 1 minute, 20 seconds - Meet Dr. Todd R. Rimington, a board-certified orthopedic surgeon specializing in hand and upper extremity surgery at **Illinois**, ... 1c7f13be89 Wall

Slide 1c7f13be89 External Rotation Stretch 1c7f13be89 Meet IBJI's Emma Dwyer, MD, Orthopedic Hand Surgeon - Meet IBJI's Emma Dwyer, MD, Orthopedic Hand Surgeon 1 minute, 17 seconds - Meet Emma Dwyer, MD, a board-certified orthopedic hand and upper extremity surgeon whose patient-centered approach helps ... 1c7f13be89 A New Chapter of Strength for Cynthia! - A New Chapter of Strength for Cynthia! 1 minute, 33 seconds - Cynthia is a bodybuilder who wasn't ready to give up the sport she loves. After undergoing double knee replacement with Jeffrey ... 1c7f13be89 Common Foot and Ankle Conditions with IBJI's Ari Kaz, MD - Common Foot and Ankle Conditions with IBJI's Ari Kaz, MD 46 minutes - Warmer weather, longer days, and increased summer activity can place added stress on the feet and ankles, often leading to pain ... 1c7f13be89 Table Slide 1c7f13be89 What is the patient experience like 1c7f13be89 Dan K.'s Story: Recovering from a Tibial Plateau Fracture - Dan K.'s Story: Recovering from a Tibial Plateau Fracture by Illinois Bone \u0026 Joint Institute 156 views 3w ago 57 seconds - play Short - Recovering from a tibial plateau fracture can be a long and challenging journey, especially when the injury requires complex ... 1c7f13be89 Intro 1c7f13be89 Spherical Videos 1c7f13be89 Table Flexion 1c7f13be89 What do patients experience after surgery 1c7f13be89 General 1c7f13be89 Meet IBJI's Richard Nicolay, MD, Sports Medicine and Shoulder Surgeon - Meet IBJI's Richard Nicolay, MD, Sports Medicine and Shoulder Surgeon 1 minute, 22 seconds - Meet Dr. Richard Nicolay III, an orthopedic surgeon specializing in sports medicine and shoulder replacements. In this video, Dr. 1c7f13be89 Pulley Exercise 1c7f13be89 Towel Internal Rotation 1c7f13be89

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