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Common Orthopedic Concerns and Solutions by Scott Taylor

Article published on March 28th 2012 | Health

Millions of people in Southern California work hard and play hard. When injuries occur, getting back to good health quickly is a priority. Orange County orthopedic physician Dr. Ralph Venuto makes it his passion to help patients achieve this goal. In this article he shares a few of the most common orthopedic conditions he sees at his practice.

* Knee Problems

If you are an athlete, youâ€™ve no doubt heard the horror stories. The sudden "pop" sound on the slopes. The lingering pain and swelling that stays with you after running a marathon. A knee that stiffens up during a tennis match. Even if you donâ€™t play sports, knee injuries can occur as the result of repeated wear and tear, stress and strain. If your knees are giving you sleepless nights, donâ€™t panic. Just focus on finding the help you need.

Treatment of the knee is a centerpiece of Dr. Venutoâ€™s orthopedic practice. During his 35 years in practice, Dr. Venuto has helped thousands of amateur, college and professional athletes who suffer from knee injuries and disorders, and he has used his surgical skill for a wide range of non-athletes as well.

* Shoulder Problems

You donâ€™t have to be an athlete to experience the pain and physical limitations that come along with a shoulder injury. Itâ€™s one thing if you have to give up your tennis or golf game, but quite another if your injury makes it difficult to do simple things like holding your children, getting dressed or washing or combing your hair. With Dr. Venutoâ€™s help, you do not have to live with pain.

Treatment of shoulder injuries and disorders is one of Dr. Venutoâ€™s orthopedic specialties. He performs arthroscopic surgery for many debilitating shoulder conditions including a torn rotator cuff or labrum. He also uses advanced treatments such as Platelet Rich Plasma injections to help the body heal faster. No matter the nature or the cause of your condition, you can trust Dr. Venuto to help you overcome your shoulder pain.

* Sports Medicine

Almost everyone has a favorite story of personal achievement, whether on the field, court, or course. However, there is a good chance that you have at least a few stories of agonizing athletic injuries as well. A California Orthopedic Physician and sports medicine specialist, Dr. Venuto is here to help you overcome your injury and get back to succeeding in the sport you love.

Over his decades in practice, Dr. Venuto has treated some of the biggest names in sports. His approach to sports medicine is simple: the goal is to get every injured athlete back in good health and back in the game as quickly as possible.

* Arthritis

There is simply no need for you to put up with the daily pain of arthritis, even if more traditional therapies have not been able to give you lasting relief. Dr. Venuto offers advanced treatments for osteoarthritis, rheumatoid arthritis and post-traumatic arthritis occurring in the knee and shoulder joints.

While there is no cure for arthritis, it does cause progressive degeneration and so early treatment is essential for minimizing discomfort and stiffness. Dr. Venuto has extensive experience with successful arthritis treatments.

Article Source:
http://www.articleside.com/health-articles/common-orthopedic-concerns-and-solutions.htm - Article Side

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Dr. Ralph Venuto is an Orange County a Orthopedic Physician practicing in Newport Beach, California. A a sports medicine surgeon, Dr. Venuto is board-certified in orthopedic surgery and focuses on the treatment of knee and shoulder disorders. For more information, log on to: http://www.drvenuto.com.

Article Keywords:
Orthopedic Physician, Sports Medicine Surgeon

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