



Sports Medicine SelfCareNavigator Indexes of topics, version 1.0  
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**COLLARBONE (CLAVICLE) FRACTURE**

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**tennis elbow (lateral epicondylitis)**

**wrist sprain and strain**

**wrist tendonitis**

**ELBOW (OLECRANON) BURSITIS**

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**FRACTURE**

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**HAMSTRING STRAIN (PULLED HAMSTRING)**

**HEEL PAIN (PLANTAR FASCIITIS)**

**HERNIATED DISC**

**HEAD AND NECK**  
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**HIP, THIGH AND PELVIS**  
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**KNEE**  
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**LOW BACK PAIN AND SPASMS**

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**PAIN AND SPASMS, NECK**

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**SPRAIN, KNEE**

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**STRAIN (AND SPRAIN), WRIST**

**SWELLING, KNEE**

**TENDONITIS**

**Achilles tendonitis**

**tennis elbow  
wrist tendonitis**

**TENDONITIS, ACHILLES**

**TOE FRACTURE**

**WRIST AND HAND**

**carpal tunnel syndrome**

**finger dislocation**

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**wrist sprain and strain**

**wrist tendonitis**

**WRIST SPRAIN AND STRAIN**

**WRIST TENDONITIS**