

# Paul D Maitino DO FAOAO Hip Knee Shoulder & sports medicine Oklahoma City OK

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## General

### General Orthopaedics AAOS Links

- [X-rays, CT Scans and MRIs](#)
- [How to Use Crutches, Canes and Walkers](#)
- [What are NSAIDs?](#)

### Miscellaneous AAOS Links

- [Arthroscopy](#)

### Wellness AAOS Links

- [Seniors and Exercise](#)
- [Flexibility Exercises for Young Athletes](#)
- [Healthy Bones at Every Age](#)
- [Sports Nutrition](#)