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Hoag
Orthopedic
Institute

A graphic element consisting of two overlapping curved shapes, one orange and one blue, positioned below the text of the Hoag Orthopedic Institute logo.

Sports Medicine

Wellness Warmup Resources

[Core Strength for High School Wrestlers](#)

[Theragun vs. Foam Roller](#)

[Backpack Health & Safety](#)

[Which Cardio Machine is Best?](#)

[Keeping Athletes Safe from Injury](#)

[Iron Rich Foods](#)

[Workouts by Muscle Group](#)

[How to Stay Hydrated](#)

[Best Whole-Body Workouts](#)

[Importance of Calcium](#)

[Calisthenics](#)