Patient Care

Patients state they'd have Bridle procedure again for foot drop

The Bridle procedure for foot drop allows patients to walk without wearing a brace. A Mayo Clinic orthopedic surgeon reports patient satisfaction rates with the procedure are greater than 90%.

Research

The importance of making the right match for cervical radiculopathy

An orthopedic surgeon specializing in spine care discusses how critical decision-making is to proper cervical radiculopathy treatment, matching the right patient condition with the right intervention.

Education

Clinic addresses post-traumatic and congenital limb deformities, limb salvage

New to Mayo Clinic in Florida is a clinic treating nonunion, malunion, leg length discrepancies and lower extremity alignment developmental abnormalities. It also performs limb salvage, reconstructing missing or diseased bone.

Consults and Referrals

Phoenix/Scottsdale, Arizona
866-629-6362

Jacksonville, Florida
800-634-1417

Rochester, Minnesota
800-533-1564

Online Referrals

Life-Changing Careers

Clinical Trials

Mayo Clinic School of Continuous Professional Development

Resources

Coffee and Donuts: The Hidden Benefits of a Simple Morning Ritual

Studies have shown that starting your day with a cup of coffee and a breakfast pastry can have several positive effects on your health and well-being. Here are some of the key benefits of this simple morning ritual:

1. Boosts Energy Levels
2. Improves Mental Sharpness
3. Enhances Mood
4. Supports Weight Management

While coffee and donuts are often associated with unhealthy eating habits, it's important to note that moderation is key. Enjoying a cup of coffee and a healthy breakfast pastry in the morning can set a positive tone for the rest of your day.