

## Welcome

### The UCSF Sports Medicine Rehabilitation Resource Guide

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The purpose of UCSF Sports Medicine <sup>[1]</sup> Rehabilitation Resources Guide is to provide patients with instructional videos and downloadable instructions (PDFs) on how to perform at-home exercises as prescribed by your provider. If you have any questions regarding what is most appropriate for you, please contact your physician at UCSF Sports Medicine at (415) 353-2808 or leave a message for your provider on UCSF My Chart <sup>[2]</sup>.

Video instructions are available for:

- Preparing for day of surgery
- What to expect after surgery
- At-home exercises

Please visit the section that applies to you:

- Shoulder <sup>[3]</sup>
- Knee <sup>[4]</sup>
- Hip <sup>[5]</sup>
- Hamstring <sup>[6]</sup>
- Foot and Ankle <sup>[7]</sup>
- Spine (Non-operative) <sup>[8]</sup>
- Elbow <sup>[9]</sup>

Contact Us  
UCSF Main Site

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**Source URL:** <https://sportsrehab.ucsf.edu/welcome>

#### Links

[1] <http://orthosurg.ucsf.edu/patient-care/divisions/sports-medicine/>

[2] <https://www.ucsfhealth.org/ucsfmychart/>

[3] <http://sportsrehab.ucsf.edu/shoulder>

[4] <http://sportsrehab.ucsf.edu/knee>

[5] <https://sportsrehab.ucsf.edu/hip>

[6] <http://sportsrehab.ucsf.edu/hip>

[7] <http://sportsrehab.ucsf.edu/footankle>

[8] <http://sportsrehab.ucsf.edu/spine>

[9] <http://sportsrehab.ucsf.edu/elbow>