**TABLE E-1 Readability According to the Flesch-Kincaid (F-K) Grade Levels of Online Pediatric Orthopaedic Patient Education Articles on POSNA and AAOS Web Sites**

<table>
<thead>
<tr>
<th>F-K Grade 4-6</th>
<th>F-K Grade 7-8</th>
<th>F-K Grade 9-10</th>
<th>F-K Grade 11-12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Exercises for Young Athletes</strong>*</td>
<td>Backpack Safety</td>
<td>Clubfoot*</td>
<td>Children’s Clubfoot - Treatment with Casting or Operation?</td>
</tr>
<tr>
<td>Frostbite</td>
<td>Kyphosis (Curvature of the Spine)</td>
<td>Definition of a Pediatric Orthopaedic Surgeon</td>
<td></td>
</tr>
<tr>
<td>Bone Up on Bone Loss</td>
<td>Kids Need to Get Up, Get Out and Get Moving</td>
<td>Keep Injured High School Athletes Out of Game*</td>
<td></td>
</tr>
<tr>
<td>How Safe Is Your Child’s Playground***</td>
<td>Slipped Capital Femoral Epiphysis</td>
<td>Pay Attention to High School Sports Injuries*</td>
<td></td>
</tr>
<tr>
<td>Steroids Don’t Work Out</td>
<td>Calcium*</td>
<td>Scoliosis in Children and Adolescents</td>
<td></td>
</tr>
<tr>
<td>Child Safety Seats</td>
<td>Intoeing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forearm Fractures in Children</td>
<td>Importance of Physical Activity for Persons with Mental Retardation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Care of Casts and Splints</td>
<td>Juvenile Arthritis: Part 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Osteoporosis Prevention Starts Early</td>
<td>Bone Tumor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elbow Fractures in Children</td>
<td>Juvenile Arthritis: Part 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heat Exhaustion</td>
<td>Adolescent Anterior Knee Pain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pediatric Thighbone (Femur) Fracture</td>
<td>Congenital Torticollis (Twisted Neck)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Throwing Injuries in the Elbow</td>
<td>Osteochondroma (Bone Tumor)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Playground Safety Checklist</td>
<td>Preventing Childhood Pedestrian Injuries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 Common Questions about Playground Safety</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Compartment Syndrome</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Osteogenesis Imperfecta</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Muscular Dystrophy</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-----------------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spondylosis and Spondylolisthesis</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flexible Flatfoot in Children</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Limb Lengthening</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Young Drivers*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Erb’s Palsy (Brachial Plexus Injury)*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skateboarding Safety</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Musculoskeletal Effects of Down Syndrome</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Perthes Disease</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Osgood-Schlatter Disease (Knee Pain)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Doctors Consider Quality of Life in Children’s Fractures</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bowed Legs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Playground Safety*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neurofibromatosis</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recreational Activities and Childhood Injuries</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Developmental Dislocation (Dysplasia) of the Hip (DDH)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Back Pain in Children</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cerebral Palsy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Growth Plate Fractures</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Articles available only on AAOS web site; the rest were available both on AAOS and POSNA web sites.*