

Social Media 2026 Calendar

(Orthopedic Practice)

Color key for content provider:
 Blue: Your Practice Online Post
 Black: Practice Content
 Orange: Social Media Share

JANUARY



CONTENT

HASHTAGS

- New Year's Day(1)
- Weight Loss Awareness Month(19-25)

- [Happy New Year](#)
- PT exercises in blog with photos and videos
- [Exercises to keep you fit article](#)

- #newyear
- #happynewyear
- #weightloss
- #gethealthy

FEBRUARY



CONTENT

HASHTAGS

- Super Bowl (8)
- Valentine's Day (14)
- American Heart Month (8-14)

- Happy Valentine's Day
- Knee treatment options blog
- [Super Bowl article](#)

- #SuperBowl
- #football
- #ValentinesDay
- #heartmonth
- #love

MARCH



CONTENT

HASHTAGS

- AAOS Annual Meeting(2-6)
- First day of Spring (20)
- National Nutrition Month(1-31)
- March Madness(17-18)

- Foot and ankle injuries in basketball blog
- Foot and ankle new technology blog
- [Basketball March Madness article](#)

- #AAOS
- #healthyfoods
- #NNM
- #spring
- #marchmadness
- #nutrition

APRIL



CONTENT

HASHTAGS

- Masters Golf Tournament (9-12)
- NBA playoffs(18)
- Earth Day (22)
- NHL playoffs (19)

- [Happy Earth Day](#)
- Common golf injuries and treatment options blog
- Hand and wrist blog
- New technology in hand treatments
- [US Masters article](#)

- #NBA
- #earthday
- #masters
- #golf
- #playoffs
- #NHL

MAY



CONTENT

- National Nurse's Day (6)
- National Hospital Week (10-16)
- Mother's Day (10)
- Memorial Day (25)
- National Physical Fitness and Sports Month(1-7)
- National Osteoporosis Awareness and Prevention Month(1-31)
- Arthritis Awareness Month(1-31)

- [Happy Memorial Day](#)
- [Happy Mother's Day](#)
- Feature patient testimonials (Moms)
- Common arthritis treatment options
- Hip replacement blog
- Preventing osteoporosis blog
- [Arthritis awareness month article from local foundation](#)

HASHTAGS

- #nursesday
- #hospitalweek
- #mothersday
- #family
- #memorialday
- #osteoporosis
- #skincancer
- #arthritis
- #arthritisawareness
- #physicalfitness
- #osteoporosismonth

JUNE



CONTENT

- US Open Golf (18-21)
- Father's Day (21)
- Men's Health Week (second week) (9-15)
- Men's Health Month(1-30)
- NBA Finals(4)
- Scoliosis Awareness Month(1-30)

- [Happy Father's Day](#)
- Feature patient testimonials (Dads)
- Treatment options for hip pain
- [Gardening tips from local nursery](#)

HASHTAGS

- #summer
- #fathersday
- #menshealthmonth
- #usopen
- #family

JULY



CONTENT

- Independence Day (4)
- Juvenile Arthritis Awareness Month(1-31)

- [Happy Independence Day](#)
- Staff photo with flag
- Shoulder injuries and treatment options
- Upper extremity blog
- [Baseball local team article](#)

HASHTAGS

- #independenceday
- #summer
- #arthritis
- #juvenilearthritis

AUGUST



CONTENT

- US Open Tennis (8/31-9/13)
- National Dog Day (26)

- Picture of your dog
- Elbow injuries blog
- Treating tennis elbow blog
- [Baseball article](#)

HASHTAGS

- #dogday
- #NationalDogDay

SEPTEMBER

A circular graphic with a textured, parchment-like background. The words "LABOR DAY" are written in a bold, serif font, with three small stars above and three below.

CONTENT

HASHTAGS

- Labor Day (7)
- Back to School(7)
- 9/11 Remembrance(11)
- US Open Tennis (8/25-9/7)
- Fall Prevention Day (22)
- NFL season starts(10)

- [Happy Labor Day](#)
- [Patriot Day \(9/11\)](#)
- Student testimonial
- Risks of prostate cancer blog
- [First Day of Fall Article](#)

#LaborDay
#backtoschool
#neverforget
#PCOSawareness
#cancerawareness
#fallpreventionmonth
#backtoschool

OCTOBER



CONTENT

HASHTAGS

- MLB World Series(27)
- Bone and Joint Health National Awareness Week (12-18)
- National Physical Therapy Month(1-31)
- National Cat Day (29)

- Football sports injuries blog
- Preventing concussions blog
- Local high school team patient testimonia
- [Local football team article](#)
- [Local baseball team article](#)

#baseball
#boneandjointhealth
#physicaltherapy
#catday

NOVEMBER



CONTENT

HASHTAGS

- Veteran's Day (11)
- Thanksgiving (26)
- American Diabetes Month(1-30)
- COPD Awareness Month(1-30)
- National Nurse Practitioner Week (8-14)

- [Veteran's Day post](#)
- [Happy Thanksgiving](#)
- Veteran's day – Feature patient testimonials that have served in the military
- Regenerative Medicine Blog
- [Local holiday interest story](#)

#happythanksgiving
#blessed
#veterans

DECEMBER



CONTENT

HASHTAGS

- National Influenza Vaccination Week (6-12)
- Happy Holidays(23)
- National Handwashing Awareness Week (1-7)

- [Holiday Greeting](#)
- Patient testimonial in holiday setting
- Staff holiday photo
- [Local holiday interest story](#)

#happyholidays
#InfluenzaVaccinationWeek #flushot
#vaccination
#washyourhands

This calendar is intended to provide ideas to help you create a personal social media posting schedule for your practice. Content and hashtags are suggestions for your consideration and do not necessarily guarantee results.