

MANAGING OSTEOARTHRITIS



Research shows physical activity decreases pain, improves function, and delays disability.

PROTECT YOUR JOINTS

Avoid bending your knees past 90°

MANAGE YOUR WEIGHT

For every pound lost, there is a four-pound reduction in the load exerted on your knees

THE RIGHT EQUIPMENT

Wear properly fitting shoes that provide shock absorption and stability

 **ConnectCare3**

For assistance with a diagnosis or to work with a health coach, contact **ConnectCare3** by calling **877-223-2350** or by emailing us at info@connectcare3.com