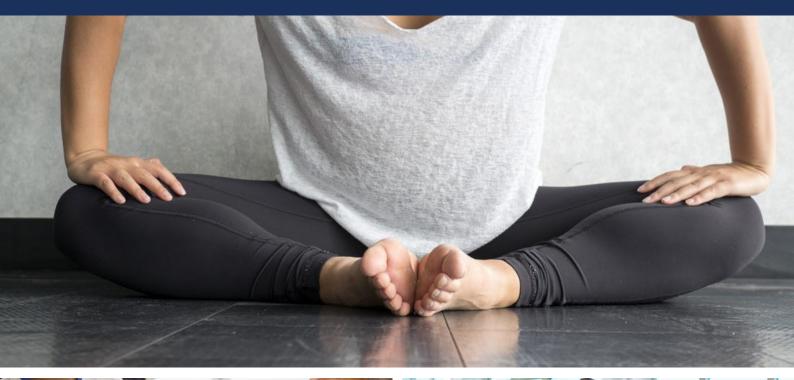


## Considerations for Hip & Knee Joint Health







- Weight
- Fatigue
- Daily stressors and mental health
- · Physical inactivity
- Injury/s

- Overload Sport/Occupation
- · Decreased muscle strength
- Arthritis, Swelling and Inflammation
- Thought process decreased confidence, fearful, avoiding daily tasks