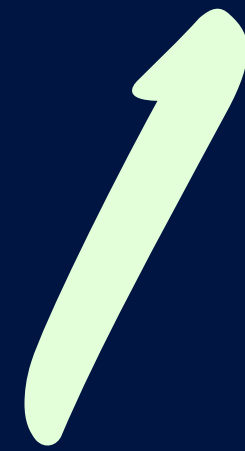


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3

REASONS TO LOSE WEIGHT & EXERCISE

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REDUCE PAIN

Weight loss reduces knee pain and improves function in people with knee osteoarthritis who are overweight

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2

IMPROVE FUNCTION

Exercise strategies tailored to a patient's individual needs and condition can also help to reduce knee pain and improve function

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3

REDUCE THE NEED FOR MEDICATIONS OR
SURGERY

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EVEN IF YOU REQUIRE *SURGERY*, WEIGHT LOSS AND EXERCISE CAN
HELP TO IMPROVE FUNCTIONAL OUTCOMES AFTER THE OPERATION

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5%

A GOAL OF 5% OR GREATER WEIGHT LOSS OVER A 20-WEEK PERIOD, IS
ASSOCIATED WITH IMPROVED FUNCTION

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DID YOU KNOW?

WE RUN A HIP & KNEE SPECIFIC EXERCISE PROGRAM

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KNOW SOMEONE WHO NEEDS THIS INFORMATION?

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FOR MORE INFO
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