

OSTEOARTHRITIS

Circle the correct answer then place your completed quiz in the Suggestion Box by **20 December 2015** to be in the draw to win a 30 minute massage

Osteoarthritis can affect some but not all joints within the body

TRUE / FALSE

A main risk factor for osteoarthritis is being obese

TRUE / FALSE

Flexibility is not beneficial with this condition

TRUE / FALSE

Decreasing joint load can be effective through strengthening muscles around the joint

TRUE / FALSE

There are no preventative strategies to prevent osteoarthritis

TRUE / FALSE

FULL NAME: _____

TELEPHONE _____