



Date: 06-21-2023

Your Result

**Moderate to Severe Knee
Symptoms**

You have moderate to severe symptoms in your left knee. See your doctor for an assessment. Consider a consult with a joint specialist.

- Your weight is increasing the strain on your joints. Ask your doctor to determine a healthy weight for you.
- Work with a health care provider or physical therapist to determine the best exercises for your joint health.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Exercise

Low Weekly Exercise ▾

Weekly Exercise

Current

Equal to 120 min. (moderate)*
Low Weekly Exercise

Recommended Goal

150 min. or more (moderate)**
Excellent Weekly Exercise

Including exercise and other physical activities in your daily routine can improve your overall joint function. As always, check with your doctor before beginning any new exercise routines.

*60 moderate + 60 vigorous = 180 min. moderate (each minute of vigorous exercise equals two minutes of moderate)

**The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

Weight

Increased Joint Strain ▾

Weight (BMI)

Current

188 lbs - Overweight
Increased Joint Strain

Recommended Goal

184 lbs or less - Not Overweight
Average Joint Strain

The risk of needing joint replacement surgery is 3 to 4 times higher than in people who have obesity and osteoarthritis (OA).

Extra weight stresses joints. Fatty tissues may also release substances into the blood that damage cartilage.

A healthy diet and regular exercise help reduce weight. See a dietician or a physical therapist if you need help.

Take Your Next Steps

You are eligible for a consultation with a physiatrist.

Take Next Steps

Take the time to review these results with a physician.

Discuss the many options available to you that can add years to your life. If you do not have a primary care provider, click here to find one that matches your needs. You may also call our Care 24/7 service at 888-888-8888 to talk to one of our referral specialists.

Our Orthopedic Services

To learn more about orthopedic services at National Health, visit nationalhealth.org. We provide a comprehensive array of orthopedic services to help our community maintain and improve their orthopedic health.

Thank you for participating in the JointAware Risk Assessment.

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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