

B	I	N	G	O
Swelling	Age	Connective tissue	Osteoporosis	Limitation in motion
Cartilage	Stretching	Malnutrition	Body Mechanics	Osteoarthritis
ROM	Vitamin D	FREE	Bones	Immobility
Joints	Pain	Lifestyle	Genes	Lubrication
Fall Risk	Calcium	Massage	Weight bearing exercise	Chronic

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Vitamin D	Body Mechanics	Osteoporosis	Cartilage	Malnutrition
Connective tissue	Weight bearing exercise	Limitation in motion	Calcium	Osteoarthritis
Joints	Bones	FREE	Immobility	Age
Genes	Massage	Swelling	Chronic	Pain
Lifestyle	Lubrication	ROM	Stretching	Fall Risk

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Calcium	Massage	Body Mechanics	Lubrication	Bones
Swelling	Joints	Lifestyle	Stretching	Limitation in motion
ROM	Chronic	FREE	Pain	Genes
Vitamin D	Osteoarthritis	Osteoporosis	Weight bearing exercise	Connective tissue
Immobility	Age	Malnutrition	Cartilage	Fall Risk