B	I	N	G	O
swelling	Limitation in motion	chronic	osteoporosis	lifestyle
calcium	stretching	malnutrition	age	osteoarthritis
range of motion	vitamin D	**FREE**	body mechanics	genes
immobility	pain	joints	fall risk	lubrication
connective tissue	bones	massage	weight bearing exercise	cartilage

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B	I	N	G	O
vitamin D	age	osteoporosis	calcium	malnutrition
chronic	weight bearing exercise	lifestyle	bones	osteoarthritis
immobility	body mechanics	**FREE**	genes	Limitation in motion
fall risk	massage	swelling	cartilage	pain
joints	lubrication	range of motion	stretching	connective tissue

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B	I	N	G	O
bones	massage	age	lubrication	body mechanics
swelling	immobility	joints	stretching	lifestyle
range of motion	cartilage	**FREE**	pain	fall risk
vitamin D	osteoarthritis	osteoporosis	weight bearing exercise	chronic
genes	Limitation in motion	malnutrition	calcium	connective tissue

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