

Arthritis Workshop

Answer the following questionnaire and bring it back to your next chiropractic appointment to receive 1 attendance credit for a workshop!!!

1. Write the correct answer:

Arthritis is caused by _____ of a joint.

2. Name 2 of the 5 steps for Arthritis prevention/management:

3. Answer True or False:

Arthritis affects only the elderly _____

Regeneration of an arthritic joint is impossible _____

4. Fill in the Blank

"Adjustment frequency is dependent upon how much a joint is
_____"

5. Circle the 3 substances that destroy joint health.

a. artificial sweeteners

d. High fructose corn syrup

b. apple cider vinegar

e. MSM- Methyl Sulfonyl Methane

c. phosphoric acid

f. glucosamine/chondroitin

* BONUS*

Name one thing that you learned about how joint health relates to Chiropractic from this presentation?

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