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?