



Your Result

Severe Knee Symptoms

You have severe symptoms in your left knee.

- By not being overweight, you're reducing strain on your joints.
- 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

No Weekly Exercise ✓

Weekly Exercise

Current

Equal to 0 min. (moderate)
No 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

Average Joint Strain ✓

Weight (BMI)

Current

180 lbs - Not Overweight
Average 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

Schedule an appointment with an orthopedic surgeon to discuss treatment options and improve your quality of life.

[Book an Appointment Now](#)

Whether you're experiencing severe pain or looking to maintain joint health, our orthopedic services offer the care you need.

[Learn More](#)

Low activity levels can impact your knees and hips. Our exercise programs are designed strengthen and improve joint mobility.

[Register Today](#)

Our Knee and Hip Services provide expert care for joint conditions, including arthritis, injuries, and joint replacement surgeries. Our team of experienced orthopedic surgeons and rehabilitation specialists is committed to delivering personalized treatment plans to help you regain mobility and improve your quality of life.

For appointments and inquiries, please call us at (123) 456-7895. You can reach our Knee and Hip Services team at kneeandhip@demohospital.com.

Visit our website for more information and to schedule an appointment online: [Schedule Appointment](#).

Unlock Demo Hospital, 209 10th Ave South Ste 530, Nashville, TN 37203.

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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