

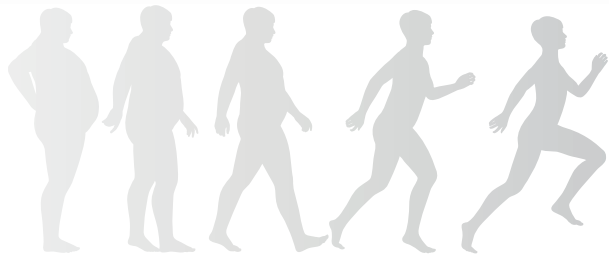
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MOTIONCARE™

Knee Osteoarthritis

Motion is Medicine™

Realizing the benefits
of Motion and a
healthy lifestyle.

Welcome to your MotionCARE™ Program



Your physician is at the forefront of medicine by prescribing treatment options based on the benefits of motion. MotionCARE is a treatment plan to assist with conservative management of a condition/injury. MotionCARE programs address 4 factors of injury: Pain, Alignment, Strength and Stability.

Your MotionCARE program provides you with access to evidence-based products from market-leading clinical brands that address these four areas.

The four areas are collectively called P.A.S.S.

- **Pain** – Pain resulting from an injury or an ongoing condition can make it difficult to move freely and stay active. Specialized products that help relieve pain can help you move more easily and return to a healthier life.
- **Alignment** – When the musculoskeletal system is out of alignment, it impacts the body in negative ways. Bracing products can help the affected joint – or protect others – and allow improved activity.
- **Strength** – Optimal strength in key muscles is crucial to your ability to stay active. Compensation in one area of weakness, can lead to further injury in other body parts.
- **Stability** – Joint stability is important for controlling pain and giving you the confidence to move freely.

The products prescribed by your physician address P.A.S.S. Here are some examples:

Pain



Empi Active™ TENS



Donjoy REACTION WEB™

Alignment



Dr. Comfort Flex OA Shoe



Donjoy OA Reaction Web

Strength



Empi Phoenix

Stability



OA Nano

Utilize the MotionCARE products prescribed by your physician to optimize your activity level and realize the benefits of natural motion.

CLINIC LOGO HERE

DATE: _____

HEALTHCARE PROVIDER: _____

PHONE NUMBER: _____

PATIENT NAME: _____

Frequency of Use:	Daily	Weekly	Other
Empi Active™ TENS			
Donjoy REACTION WEB™			
Dr. Comfort Flex OA Shoe			
DonJoy OA REACTION WEB™			
Empi Phoenix			
OA Nano			

Your doctor will tell you which products to bring with you to surgery.

ADDITIONAL INSTRUCTIONS (NOTES):



MOTION IS MEDICINE®

Please visit and register to learn more about MotionCARE programs and the benefits of motion!



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