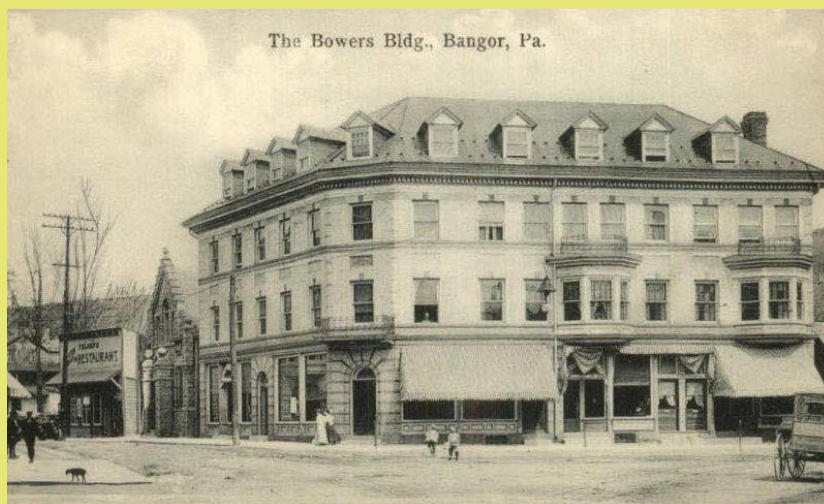
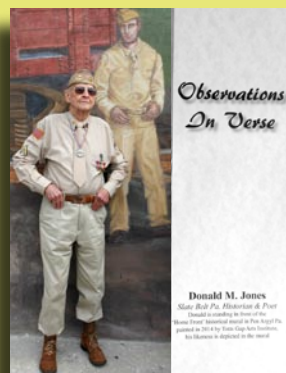


Slate Belt History From The Archives of Donald Jones

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KNEE PAIN?

ARE YOU STRUGGLING WITH...

- Swelling and tenderness?
- Buckling or locking of the knee joint?
- Cracking or popping sounds?
- Decreased range of motion?
- Weakness?
- Pain in the morning or after inactivity?
- Pain when walking?
- Discomfort when climbing stairs, rising from a seated position, or kneeling?

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- **Prognosis:** How long it will take to get back to normal.
- **Treatment Plan:** Find out your options (Hint: it won't include injections, medication or surgery).

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