



Shoulder & Elbow HRA

Date: 11-05-2024

Your Joint Function

Moderate to Severe Shoulder Symptoms

Your Joint Instability

Mild to Moderate Shoulder Symptoms

You have moderate to severe symptoms in your shoulder.
See your doctor for an assessment. Consider a consult with a joint specialist.

- 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

Recommended Goal

Equal to 0 min. (moderate)*
No Weekly Exercise

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.

Take Your Next Steps

Persistent joint issues shouldn't hold you back. Contact with our specialists to discuss strategies for managing your symptoms.

[Connect with a Specialist](#)

Our Shoulder & Elbow Services offer comprehensive support for the assessment, treatment, and recovery of Shoulder and Elbow pain. Our experienced Orthopedic Specialists are dedicated to providing personalized care to help you overcome challenges and improve your quality of life.

Please call us at (123) 456-7890 for appointments and inquiries. You can reach our Shoulder & Elbow Team at shoulderelbow@demohospital.com. Visit our website for more information and to schedule an appointment online:

Schedule Appointment

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National Health, 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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