

The Backbone of Mobility: Interconnected Musculoskeletal Health

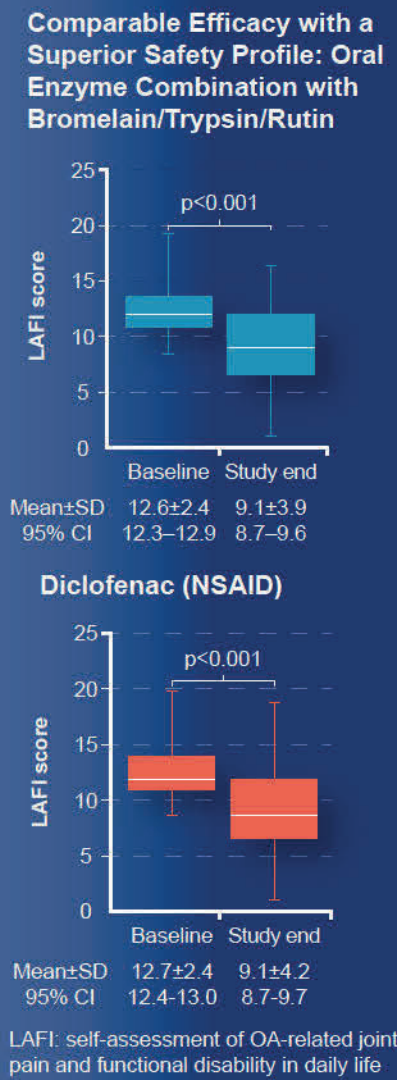
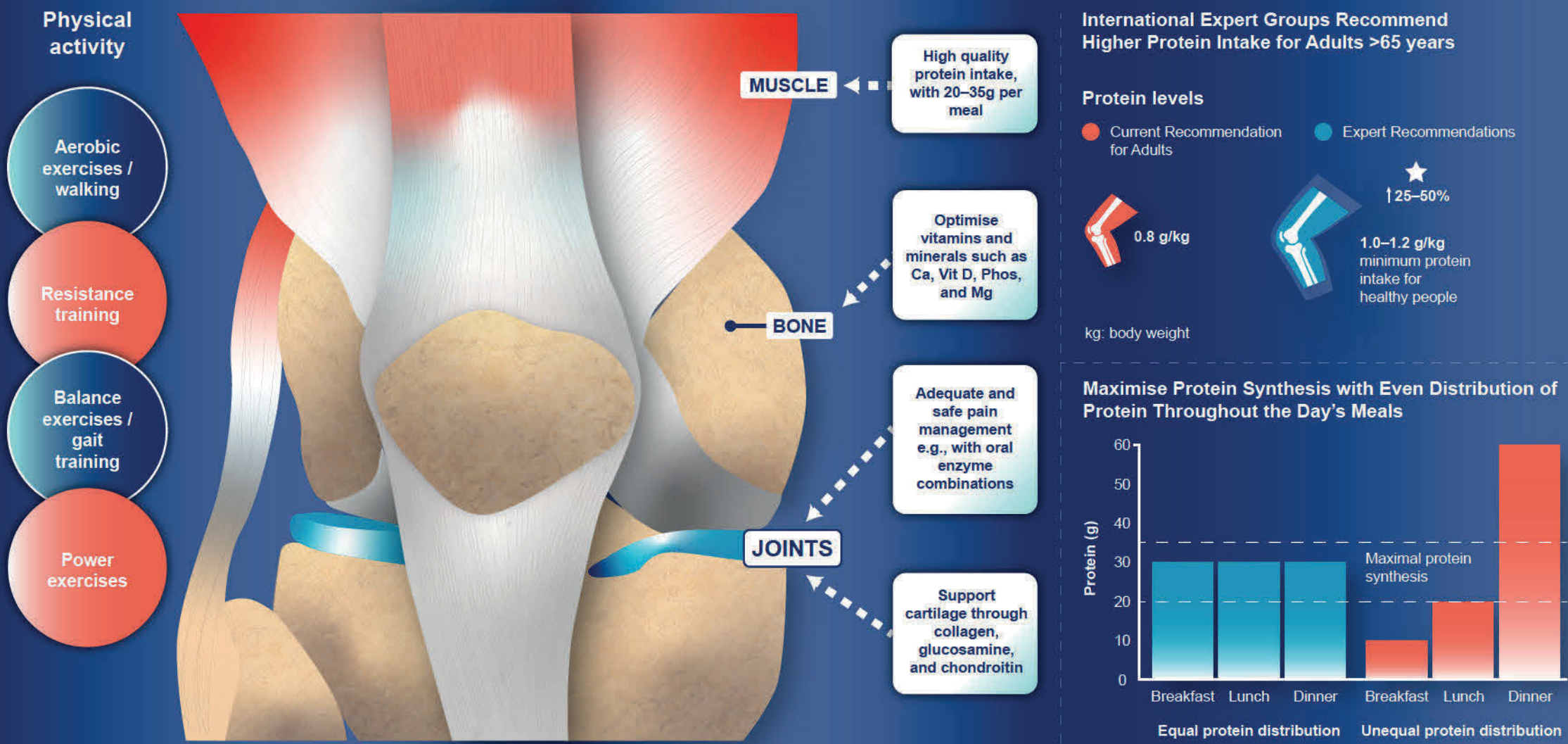
Infographic

The publication of this infographic was supported by Nestlé Health Science. EMJ. 2023;8[2]:28-29. DOI/10.33590/emj/10306291. <https://doi.org/10.33590/emj/10306291>.

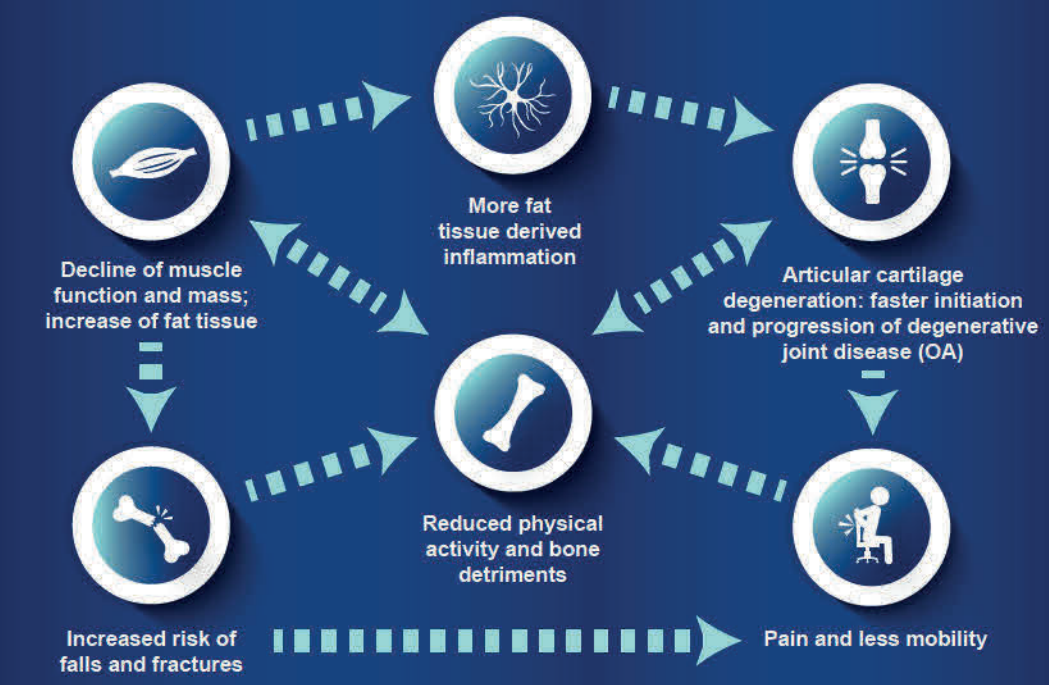
MOBILITY ISSUES ARE AN INCREASING CHALLENGE AND A GLOBAL PUBLIC HEALTH CONCERN



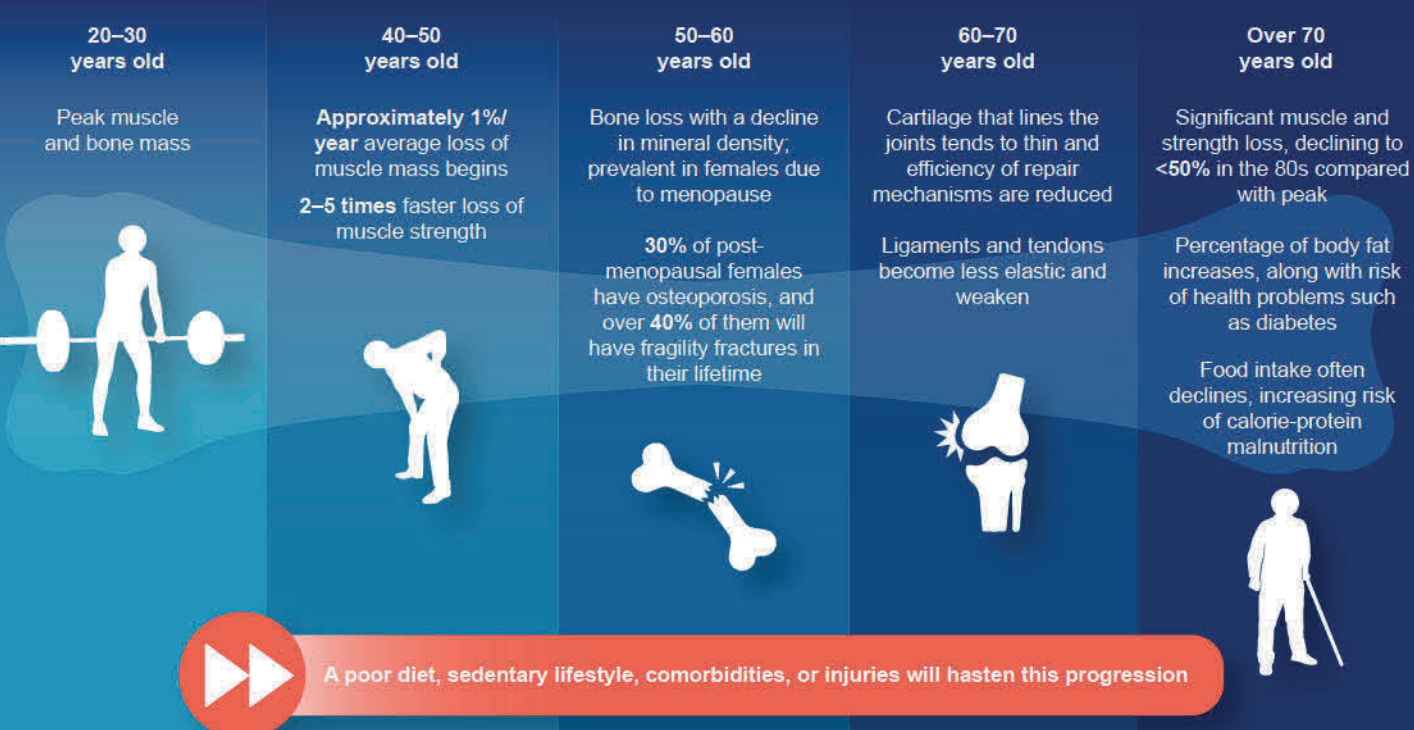
IMPROVING MOBILITY DURING AGEING THROUGH EVIDENCE-BASED COMPLEMENTARY APPROACHES



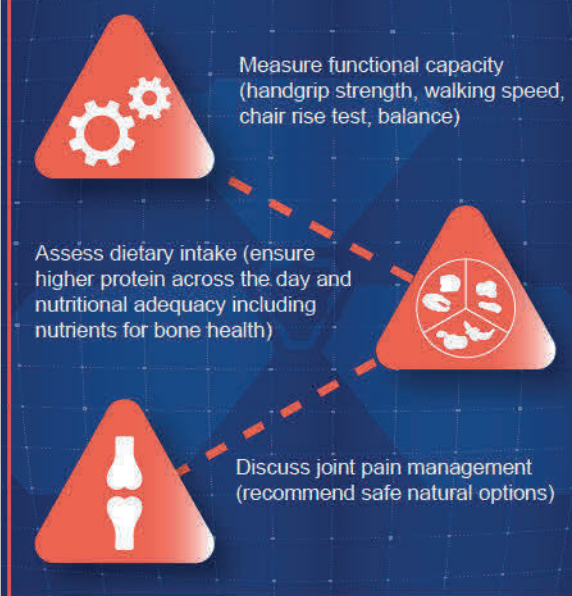
ADDRESSING ALL ASPECTS OF THE MUSCULOSKELETAL SYSTEM IS NECESSARY TO BREAK THE VICIOUS CYCLE



THE IMPACT OF AGEING CAN BE SEEN AS EARLY AS 40Y



TOP RISKS TO SCREEN FOR:



ACRONYMS

Ca: calcium; CI: confidence interval; LAFI: Lequesne Algofunctional Index; Mg: magnesium; NSAID: non-steroidal anti-inflammatory drug; OA: osteoarthritis; Phos: Phosphorus; QoL: quality of life; SD: standard deviation; Vit D: Vitamin D.

Please [click here](#) for references.