

Reprints of  
Volume 8.2

June 2023

# EMJ

## The Backbone of Mobility: Interconnected Musculoskeletal Health

Cover Image © SeanPavonePhoto / AdobeStock

[emjreviews.com](https://emjreviews.com)

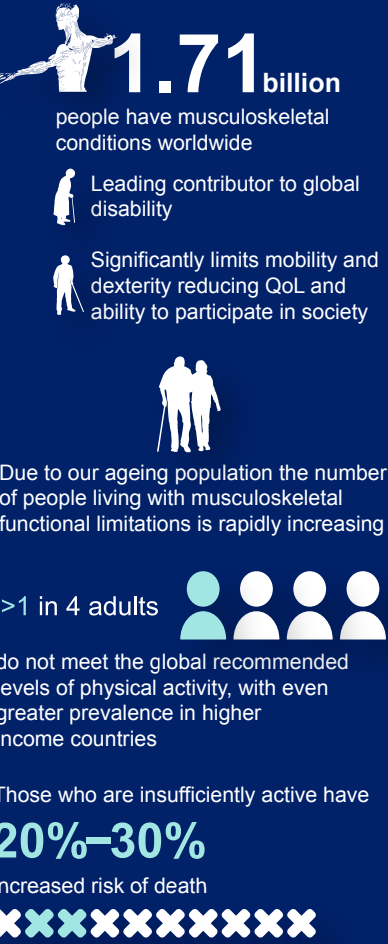


# The Backbone of Mobility: Interconnected Musculoskeletal Health

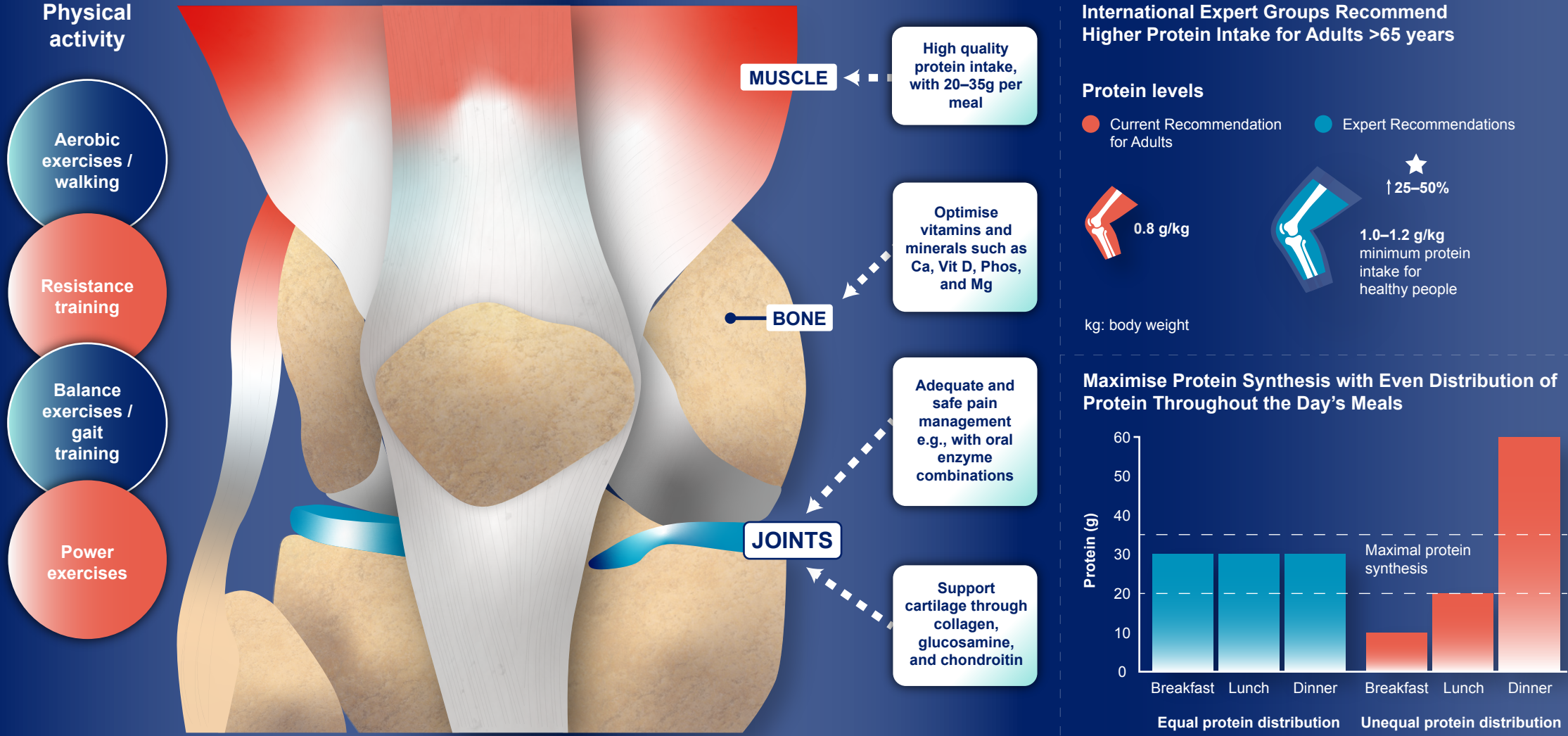
Infographic

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>.

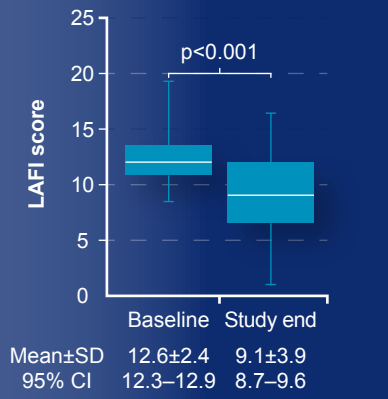
## MOBILITY ISSUES ARE AN INCREASING CHALLENGE AND A GLOBAL PUBLIC HEALTH CONCERN



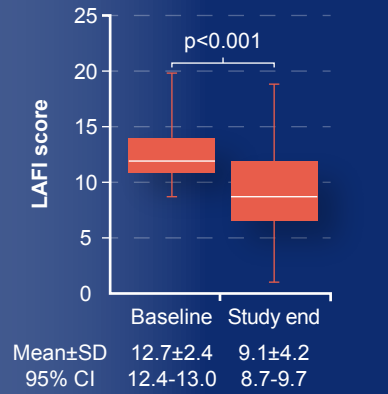
## IMPROVING MOBILITY DURING AGEING THROUGH EVIDENCE-BASED COMPLEMENTARY APPROACHES



## Comparable Efficacy with a Superior Safety Profile: Oral Enzyme Combination with Bromelain/Trypsin/Rutin

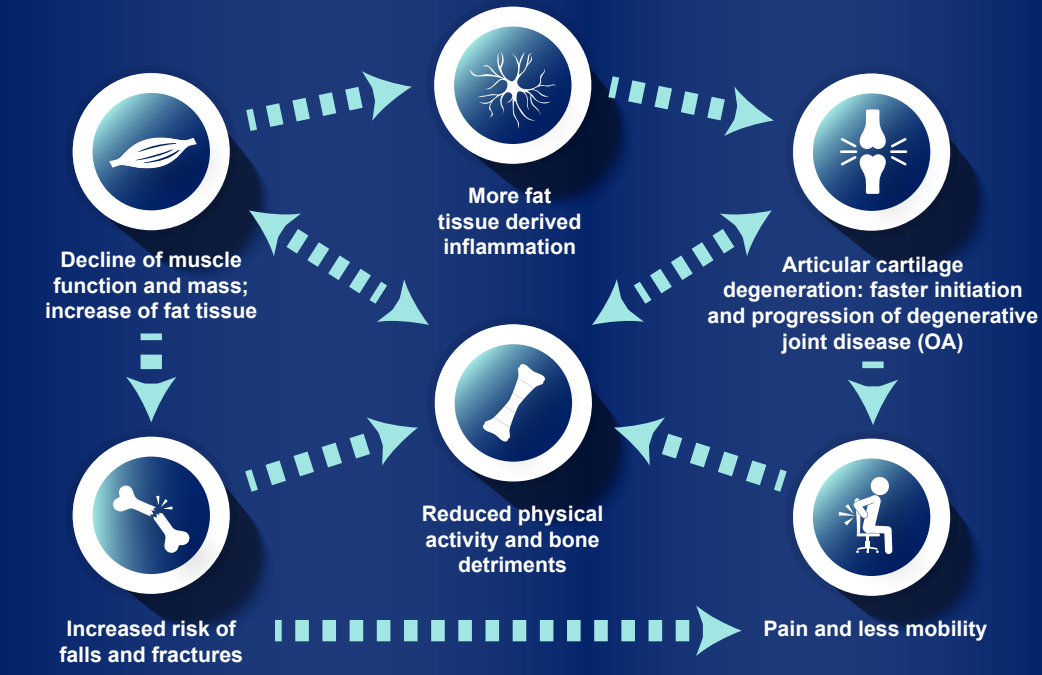


## Diclofenac (NSAID)

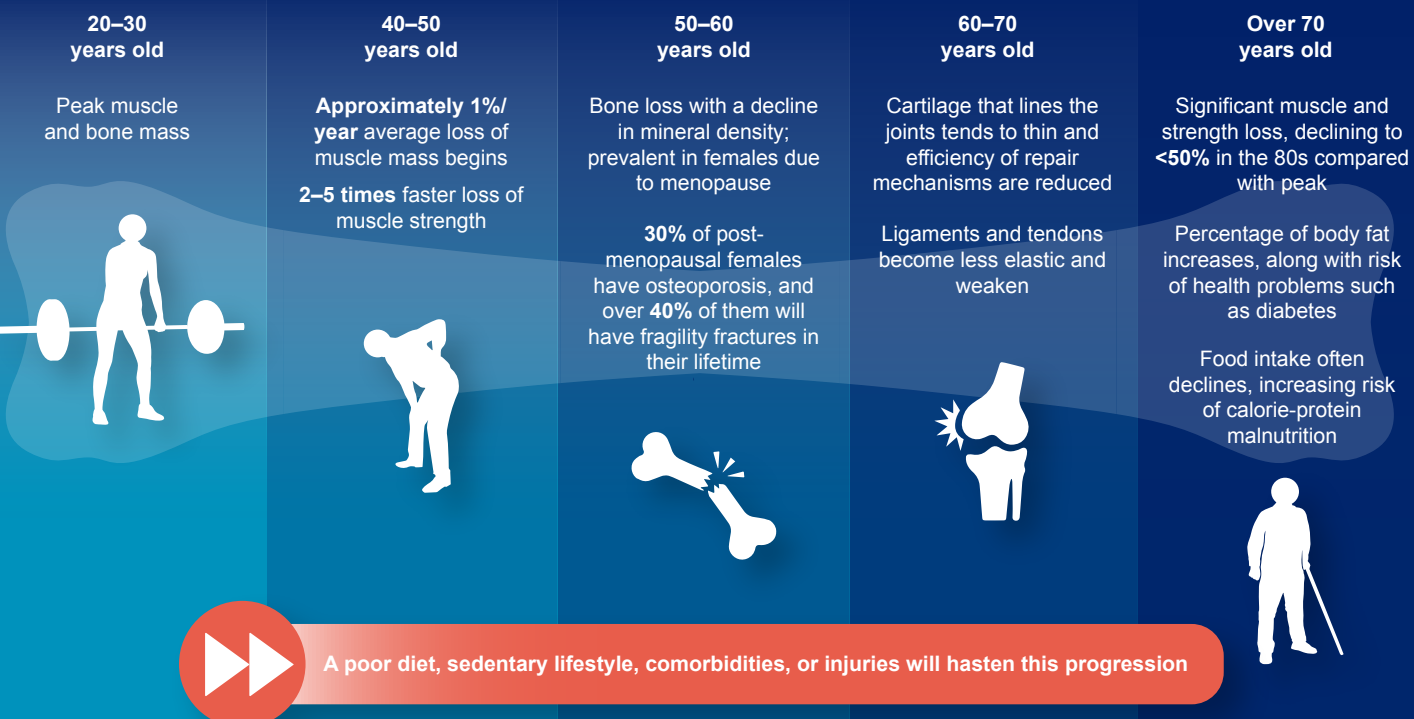


LAFI: self-assessment of OA-related joint pain and functional disability in daily life

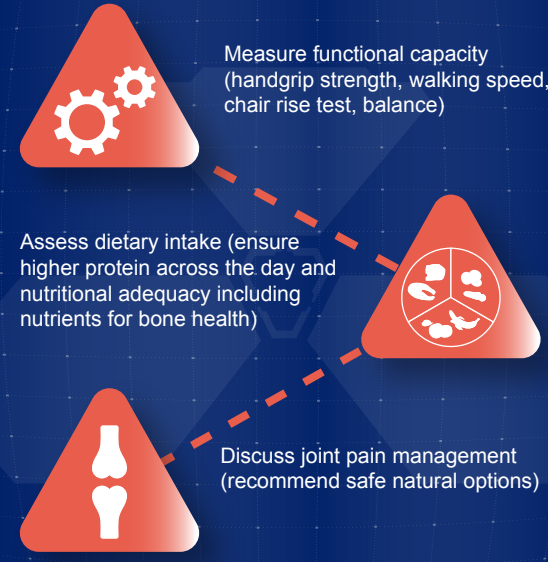
## ADDRESSING ALL ASPECTS OF THE MUSCULOSKELETAL SYSTEM IS NECESSARY TO BREAK THE VICIOUS CYCLE



## 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.