

SHOULDER

50%

of all people above age 60 have asymptomatic rotator cuff tears.

Don't panic if there is a tear visualized on your MRI or Ultrasound.

KNEE

85%

of adults have knee arthritis that does not cause pain.

There is little correlation between degree of degeneration and pain.

ANKLE

1/3

of all people with heel spurs have no pain at all.



**CONCERNED
ABOUT YOUR X-RAY
OR MRI FINDINGS?**

LUMBAR

Lumbar disc degeneration is present in **40%** of individuals under age 30, and present in over **90%** of those above age 50.

In healthy 20-22 year olds with no back pain **48%** had one degenerated disc & **25%** had a bulging disc.

Imaging is necessary at times to properly diagnose patients. However, degenerative findings are often NOT the source of your pain.

In the absence of trauma:
Your **HABITS, POSTURES, and HOBBIES**
are often the real source of your PAIN.