

Checklist to take to your doctor

- Pain
- Balance
- Limited Endurance
- Depression
- Anxiety
- Short term injury
- Long term injury
- Weakness
- Stiffness
- Shortness of Breath
- Limited Vision
- Poor coordination
- Poor memory
- Trouble getting out of bed, out of the chair or off the floor
- Trouble managing any of your daily tasks
- Trouble managing the person you are caring for

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