

### **Factors which may predispose clients to injury and dysfunction**

- Lifestyle
- Age
- Diet
- Previous injury
- Levels of activity
- Stress
- Rest
- Gender
- Body composition
- Anatomy
- Occupation

### **Factors which may influence a client's ability to recover from injury**

- Misdiagnosis
- Underlying medical condition
- Poor circulation
- Age
- Diet
- Lifestyle
- Treatment strategies
- Rest
- Acute/chronic conditions
- Severity of injury
- Stress
- Non-compliance

### **The affects of ageing process on the musculoskeletal systems**

- Atrophy
- Sarcopenia (progressive and generalised skeletal muscle disorder involving the accelerated loss of muscle mass and function that is associated with increased adverse outcomes including falls, functional decline, frailty,etc)
- Arthritis (Mono articular)
- Gout
- Rheumatoid arthritis
- Osteoporosis
- Osteoarthritis
- Yellow cartilage (discoloration, degeneration), etc
- Wear and tear
- Yellow marrow
- Calcium loss
- Postural deformity
- Decrease in bone density
- Decrease in joint range of movement
- Instability
- Increased risk of injury