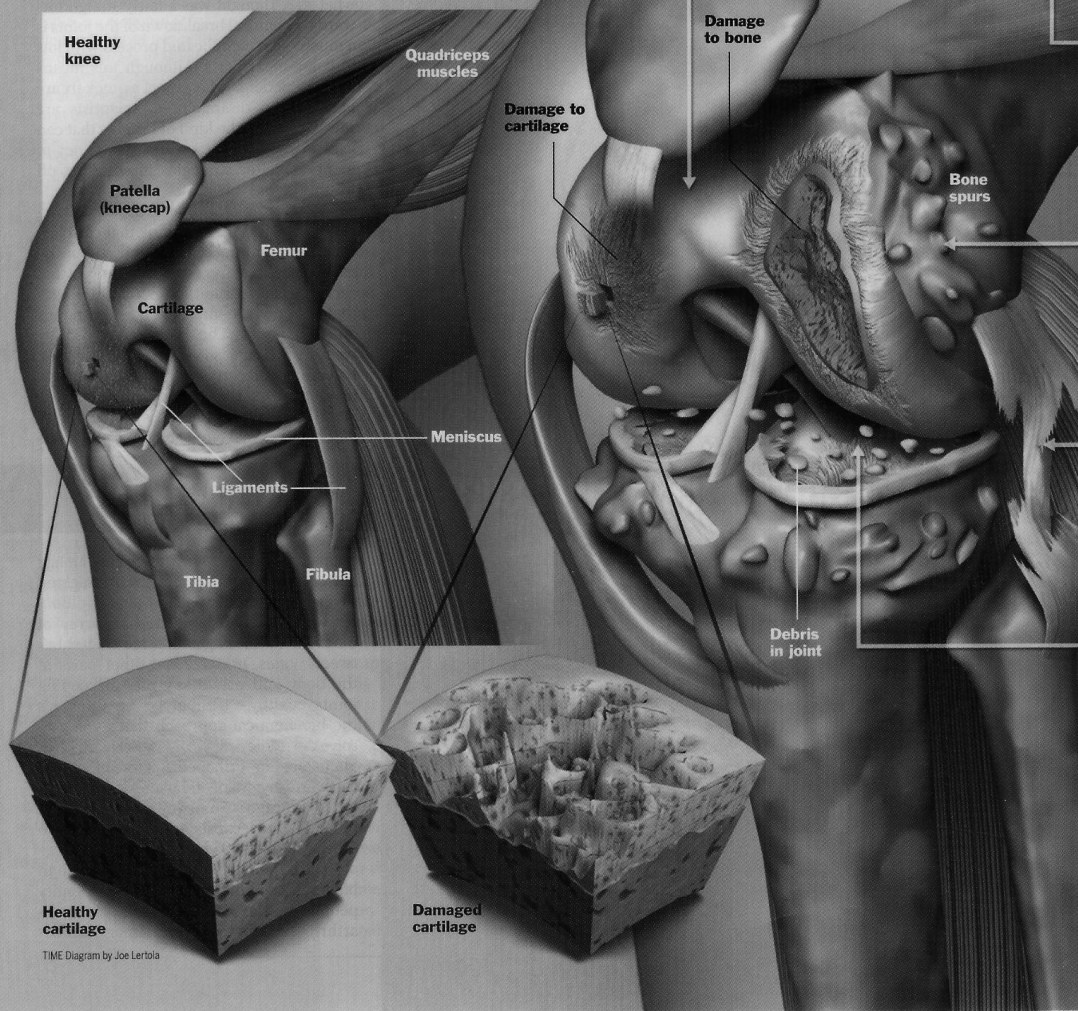


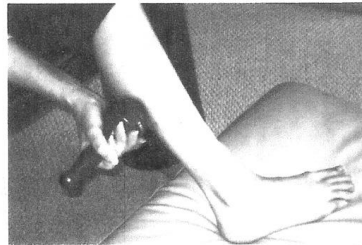
ANATOMY OF A BREAKDOWN

Doctors used to think that failing cartilage caused osteoarthritis. Now they know it is a complex process involving muscles, tendons, bones—even genes



Strip out the muscles of your foreleg

- First massage the outside front of your leg
- Then massage the outside back of your leg
- Remember to always strip the muscle up the leg towards the knee



Stretching your calf muscles

- Use a wedge (as seen here), a thick book or put your foot up against a solid object
- Next, step your other foot forward until you feel the stretch in your calf muscle

