



10 Steps to Lifelong Vitality

Your Roadmap to Strength, Energy & Joint Span™ at Midlife and Beyond



What if the second half of your life could be your strongest?

You're not falling apart, but your body is asking for something different. The truth is, midlife comes with real shifts: hormones fluctuate, recovery slows, joints feel stiffer, and muscle doesn't come as easily as it used to. But decline isn't inevitable. You just need a smarter strategy.

At Form & Function Orthopaedics, we call this your Joint Span™, the length of your life that your joints stay strong, mobile, and pain-free. It's your healthspan, for your movement system.

These 10 science-backed steps will help you protect it - and extend it.

Move Like It Matters – Because It Does

1

Why it works: Daily movement keeps joints lubricated, muscles firing, and inflammation at bay.

Study: Harvard research shows daily walking reduces cardiovascular risk by 30–40% in midlife adults.

Action:

- Walk briskly for 30 minutes most days
- Take movement breaks if you sit long hours
- Add stairs, hiking, or pickleball - anything that gets you moving

Lift Something Heavier Than Your Grocery Bag

2

Why it works: Strength training builds lean mass, supports joint stability, and prevents falls.

Study: Muscle loss (sarcopenia) starts in your 30s and accelerates after 50. Lifting helps reverse it.

Action:

- Strength train 2–3x/week using resistance bands, dumbbells, or machines
- Focus on functional moves: squats, lunges, rows, presses
- If you're new, start with body weight and build from there



3

Fuel Like a High-Performer

Why it works: Nutrition directly impacts your body's ability to repair tissue, regulate hormones, and build muscle.

Study: Adults over 50 need 25–30g of protein per meal to maintain lean mass.

Action:

- Eat high-quality protein at every meal (fish, tofu, yogurt, eggs)
- Choose anti-inflammatory whole foods over processed snacks
- Stay hydrated — your joints need fluid to function

4

Stop Waiting for Rock Bottom

Why it works: The longer you wait to address pain, the harder it is to treat. Early care protects your **Joint Span™**.

Study: Delayed care for joint issues leads to compensatory problems and reduced function over time.

Action:

- If pain lingers for more than 2 weeks, get it checked
- Ask about alternatives to surgery, including physical therapy and regenerative options
- Avoid the “wait and see” trap - proactive care = better outcomes

5

Hack Your Hormones – They Run the Show

Why it works: Estrogen, testosterone, and growth hormone all affect bone, tendon, muscle, and joint health.

Study: Hormone loss is linked to frozen shoulder, tendon pain, and joint stiffness (especially in women during perimenopause).

Action:

- Track symptoms like fatigue, joint pain, or decreased muscle recovery
- Consider working with a hormone-literate clinician
- Support hormone health with sleep, strength training, and stress reduction

6

Recover Like a Pro Athlete

Why it works: You don't heal like you did in your 20s - but your body can recover if you give it the right tools.

Study: Platelet-rich plasma (PRP) and high-powered laser therapy have been shown to reduce inflammation and improve soft tissue healing.

Action:

- Explore regenerative medicine (like PRP or laser therapy) for joint or tendon pain
- Prioritize sleep, hydration, and active recovery
- Take rest seriously - it's when your body repairs and rebuilds



Prioritize Sleep Like It's Your Job

Why it works: Sleep is your body's natural regenerative state. It impacts muscle growth, hormone balance, and joint repair.

Study: Adults getting <6 hours of sleep have higher levels of systemic inflammation and slower healing.

Action:

- Aim for 7–9 hours nightly
- Keep your bedroom cool, dark, and screen-free
- Add magnesium or calming rituals if sleep is disrupted



Know the Difference Between Normal and Common

Why it works: Yes, joint pain is common in midlife - but that doesn't mean it's normal or untreatable.

Study: In women, up to 40% of joint pain cases show nothing on imaging - yet symptoms are real and often hormone-linked.

Action:

- Don't let "you're just getting older" be the end of the conversation
- Advocate for a deeper look: hormonal status, movement mechanics, inflammation
- Protect your Joint Span™ by catching issues early, even if the MRI is "normal"



Build a Team That Respects You

Why it works: Your clinician should be your partner, not your gatekeeper. You deserve care that considers your goals - not just your scans.

Study: Patient-centered care improves satisfaction, outcomes, and adherence.

Action:

- Look for clinicians who listen, explain, and offer options
- Build a team that includes ortho, hormone, movement, and recovery experts
- Trust your intuition - if it feels dismissive, it probably is



Don't Wait Until You Break

Why it works: Prevention is far more effective (and less expensive) than repair. Your **Joint Span™** depends on what you do today.

Action:

- Get an annual musculoskeletal check-up - just like labs or blood pressure
- Invest in strength, mobility, and recovery before problems arise
- Ask yourself: What does my strongest, most vibrant future self need me to do now?



Your Joint Span™ Starts Here.

At Form & Function Orthopaedics, we blend surgical precision with regenerative medicine and whole-person care to help midlife adults stay active, mobile, and pain-free - for life. Whether you're dealing with a specific injury, curious about hormone-aware care, or ready to prevent problems before they start, we're here to support your next level.

Let's protect your Joint Span™. Let's level up.