

Things you think could improve your life

You are much more than your knee. A healthy action plan for your knee takes into account the bigger picture. It includes who 'you' are, what means a lot to you and your family, and what is going on in your health and your life. Complete this page to help you see what's most important to you.

Things that are important but hard Why are these hard?

Things that mean a lot to me
and my family or whānau

What is important about these?
