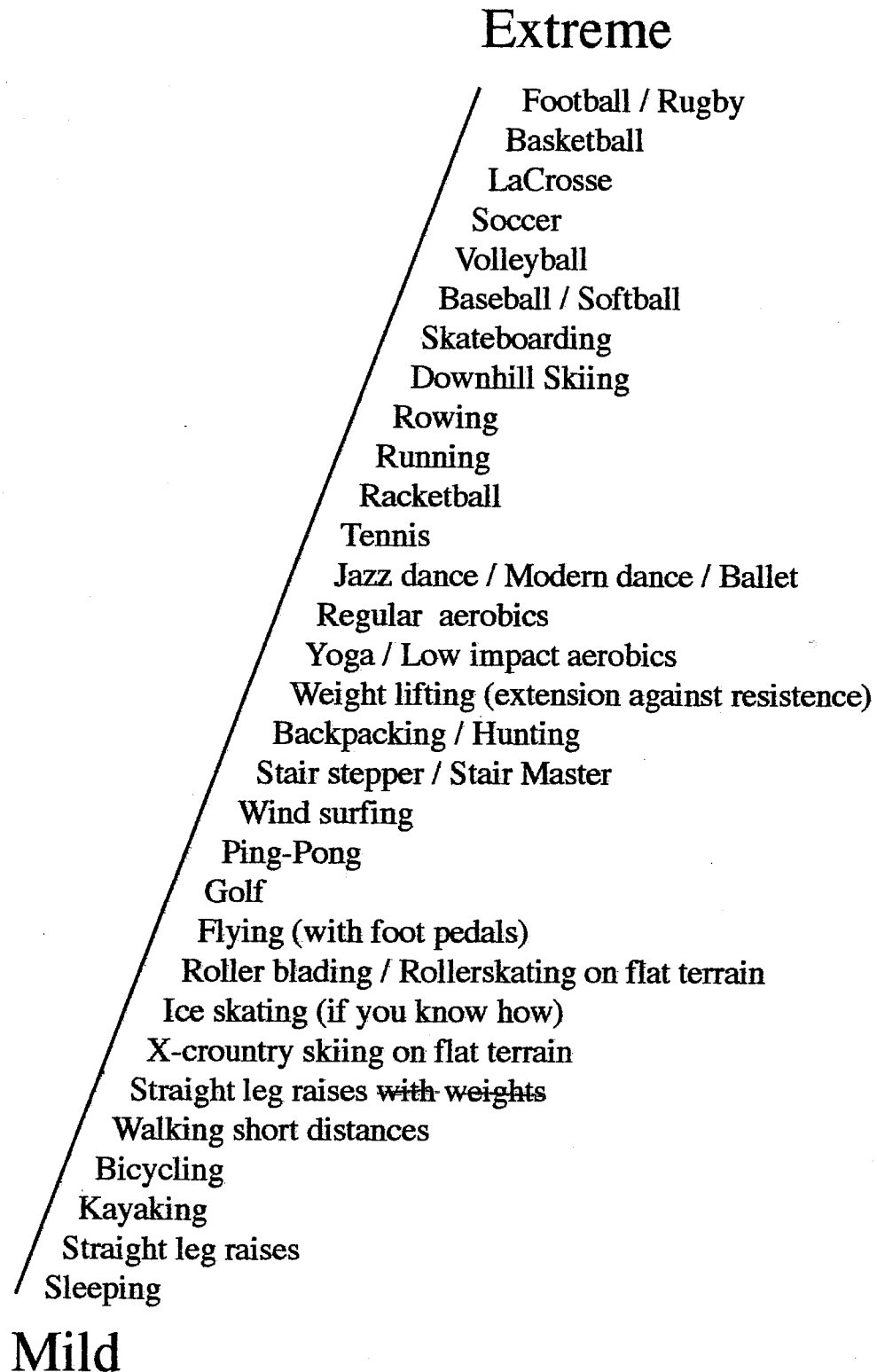


RELATIVE STRESS ON THE KNEE CAUSED BY DIFFERENT ACTIVITIES



This scale is meant only as a guide. Activities may vary from one individual to another. In General, IF IT HURTS, DON'T DO IT.