



**600**  
**MUSCLES**

**206**  
**BONES**

**2** **SYSTEMS**  
**CONNECTED**

**MUSCULO**  
**SKELETAL**  
C E N T E R

## **A Healthy Body Is a Happy Body**

Your body structure is more complex than you might think. Consisting of 600 muscles and 206 bones, the musculoskeletal system shields vital organs, stores essential minerals, produces blood cells and provides leverage and movements for the body.

Maintaining a healthy musculoskeletal system is imperative to your quality of life. Core strengthening exercises, lifting weights, and stretching are physical activities that build and maintain a healthy musculoskeletal system. Regular check-ups with your physician are also important, as the risk of muscular and joint problems increase as you age. At the Musculoskeletal Center at the Medical Center Clinic, our team of rheumatologists, orthopaedic surgeons, physical medicine & rehabilitation, physical therapists and pain management specialists ensure that your muscles and bones are at peak performance.



**Medical**  
Center Clinic.com

8333 North Davis Highway  
**Orthopaedics**—850.474.8300  
**Pain Management**—850.969.2222  
**Rheumatology**—850.474.8387

5153 N. 9th Ave.- Suite 307  
**Orthopaedics**—850.969.2136