

# SUPPORT FOR TENDON & LIGAMENT HEALTH

## *HT WELLNESS EDUCATIONAL SERIES*

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Tendons and ligaments provide structural stability and transmit force throughout the body.

### ***Supportive Lifestyle Practices***

**Progressive Strength Training:** Gradual increases in resistance help strengthen connective tissue.

**Rehabilitation Work:** Targeted rehabilitation exercises support recovery and tissue repair.

**Rest & Recovery:** Adequate recovery time allows connective tissues to rebuild and adapt.

**Mobility Support:** Gentle mobility work helps maintain joint range of motion and tissue flexibility.

### ***Whole Food Nutritional Support***

Collagen & protein, Vitamin C foods, Vitamin A foods, Mineral support.

Supporting collagen formation and recovery builds connective tissue resilience.

Small, consistent lifestyle and nutritional choices create long-term impact.

### **Supplement Brands Mentioned**

#### **Standard Process**

- Ligaplex II
- C Synergy

#### **MediHerb**

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#### **Premier Research Labs**

- Glucosamine Sulfate

#### **Fullscript**

- Designs for Health Buffered C