

Get in the Game: QC Kinetix Encourages Colorado Adults to Ask, 'How Am I Aging?'

DENVER, CO, UNITED STATES, October 8, 2026 /EINPresswire.com/

-- New Mobility Scorecard invites adults to look beyond pain levels and consider what discomfort may be keeping them from, whether that's the ski slopes or keeping up with the grandkids

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Nicole Huntress, MD, QC Kinetix.

[QC Kinetix](#), a national network of regenerative medicine clinics offering non-surgical treatments for joint and musculoskeletal pain, is launching "Get in the Game" across its [Colorado clinics](#). The initiative encourages adults to ask themselves a simple question: How am I aging, and am I still able to do the things I enjoy?

For many Coloradans, "their game" might be skiing, hiking, golf or pickleball. For others, it's keeping up with their kids or grandkids, gardening, traveling, walking the dog or simply staying independent. Get in the Game is designed to open that conversation for every adult, not just athletes.

[A Mobility Scorecard Focused on Quality of Life](#)

At the center of the initiative is the QC Kinetix Mobility & Quality of Life Check-In, a one-page scorecard with no pass or fail. Instead of asking only how much something hurts, it asks people to reflect on how discomfort shows up in their daily lives, including:

- Where they are experiencing pain, from the shoulder and back to the knee, hip or ankle
- How long the pain has been present
- What their pain range looks like on their best and worst days
- What pain may be keeping them from, such as work, exercise, sleep, travel, hobbies or time with others

- What they would like to get back to doing if they felt better

Completed scorecards give participants a starting point for a conversation with a QC Kinetix team member about their goals and options. The scorecard is for conversation and education only. It is not a clinical assessment, diagnosis or treatment plan.

"As we age, it's important to pay attention not only to pain, but to the things pain may be keeping us from doing. For one person, that might mean getting back on the golf course or pickleball court, while for someone else it may mean keeping up with their grandchildren, gardening, traveling or walking the dog.

Mobility plays such an important role in maintaining our quality of life and independence. I encourage people to ask themselves, 'How am I aging, and am I still able to do the things I enjoy?' If pain is starting to change the way you live your life, it may be time to explore your options," said Nicole Huntress, MD, QC Kinetix.



About QC Kinetix

QC Kinetix is a national network of regenerative medicine clinics offering non-surgical, natural biologic treatments for joint and musculoskeletal pain. Its highly trained providers use treatments that target the source of pain and support the body's natural healing processes, helping patients explore alternatives to surgery and get back to doing what they love. QC Kinetix has clinics in Aurora, Highlands Ranch, Louisville, Colorado Springs and other communities across the United States. Learn more at <https://qckinetix.com/denver/>.

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