

## TIP OF THE MONTH

### Joint Protection for Hands with Arthritis

Arthritis is a common way of referring to joint pain. More than 50 million adults and 300,000 children have some type of arthritis, but it's most common among women and occurs more frequently as you get older ([www.arthritis.org](http://www.arthritis.org)). People living with



arthritis can reduce their pain levels by understanding what kinds of movement can help avoid the inflammation of the joints.

#### AVOID STRONG GRASP AND PINCH

- Use the palm instead of fingers whenever possible.
- Use forearm for lifting and pulling (strap handles are helpful when possible).
- Avoid holding or maintaining a hand grasp for long periods of time.
- Take frequent breaks.

USE STRONGER, LARGER JOINTS THAT ARE CLOSE TO THE TRUNK RATHER THAN SMALL JOINTS WHEN POSSIBLE

#### MAINTAIN OR INCREASE STRENGTH

- Do not exercise when joints are inflamed.
- Gentle resistive activities should be done for short periods of time within limits of pain. Balance with rest.
- Move within limits of pain and fatigue.

#### MAINTAIN OR INCREASE ENDURANCE

- Rest before fatigue ensues. Fatigue may cause careless use of joints and require longer rest period.
- Promote recreational activities which are non-stressful to joints (example: swimming).

#### MAINTAIN OR INCREASE SKILL IN FUNCTIONAL TASKS WITH USE OF ADAPTIVE EQUIPMENT

- Long handles to extend reach.
- Enlarged handles to decrease the grasp force required.
- Warm morning bath or shower to overcome stiffness and get moving

Physical Therapy cannot make the arthritis go away, but it is used to manage pain levels and improve the use of the joints suffering from arthritis. From an exercise plan developed for your specific needs - to how to best use hot and cold packs to find relief, please call us and schedule a time to come in. For more ways to protect your joints doing household activities, [click here](#).



**PT&Me Featured Article [February is Heart Healthy Month: Make Blood Pressure Control Your Goal](#)**

**Call today to ask us how we can help you get back to enjoying the activities that are important to you!**



***“After all this time?” “Always”***

— J. K. Rowling

## TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

## A RECIPE FOR YOU

### How to make your own Ice Pack

It may not be edible, but making your own ice pack at home is practical and easy!



#### Ingredients:

- 2 cups of water
- 1 cup rubbing alcohol

#### Directions:

1. Pour into gallon size zip-lock bag. **\*\*Double bag for extra protection against breakage\*\***
2. Zip bag shut, removing as much air as possible.
3. Place in freezer until liquid reaches a slushy mixture.
4. When ready, wrap bag in towel or pillowcase before applying to skin. **DO NOT APPLY BAG DIRECTLY TO SKIN.**