

Arthritis Hand Exercises

Research shows that exercise is considered the most effective non-drug treatment for reducing pain and improving movement in patients with osteoarthritis.



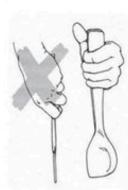


Arthritis Adaptations

Trying to do everyday tasks around the house can be difficult if you have arthritis. Even small things like holding a utensil can cause great discomfort. In order to combat these issues, try to incorporate these adaptations into your normal routines.

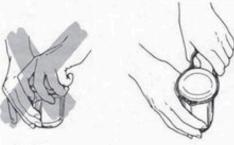
ARTHRITIS ADAPTATIONS





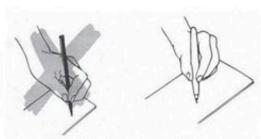
AVOID: Grasping thin utensils for prolonged periods.

SOLUTION: Hold thick-handled tools in dagger fashion whenever possible. Relax fingers every 10 minutes during activity.



AVOID: Positions that cause fingers to lean sideways toward little finger.

SOLUTION: Use devices like jar openers to assist in activities.



AVOID: Tight pinch when holding a pen. SOLUTION: Use a thick pen with a felt tip to reduce pressure on fingers.



AVOID: Carrying items with weight on fingers. SOLUTION: Use a shoulder bag or backpack.



AVOID: Wringing towels by twisting.

SOLUTION: Loop towel around sink faucet as if braiding and pull gently, or let drip-dry.



AVOID: Picking up heavy items with one hand. SOLUTION: Use both hands and slide item when possible.