

# Relief for the Arthritic & Painful Hands

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Boulder Community Health

- Presentation will last for about 45 minutes.
- A 10-15-minute Q&A session will follow the presentation.
- Please use the Q&A icons for questions during the event (chat is not available).
- This session is being recorded.
- The recording will be available on [bch.org/YouTube](https://bch.org/YouTube) and in the BCH video center at [bch.org/RehabVideos](https://bch.org/RehabVideos) approximately 24 hours after the live event.
- Slides shown during the event will be available to view/download along with the recording.

# What is joint protection?

- The way we position our hands, wrists, and arms when working with everyday items
- Sometimes called “ergonomic principles”
- Re-programming the ways we have always performed task to a less painful, more efficient, way

- **Respect the pain**
- Using larger joints and muscles to do the heavy lifting
- Adapting tasks and activities with different grips or equipment
- Two hands are always better than one
- Palms should face up or in but NEVER down



- OXO: [oxo.com](http://oxo.com)
- eSpecial Needs: [especialneeds.com](http://especialneeds.com)
- [Living With Arthritis Blog](#)

# Adaptive tools

**BEST SELLER**



**Vegetable Chopper with Easy-Pour Opening**

\$22.99



**Swivel Peeler**



**Jar Opener**



**OXO Good Grips Garlic Press**

\$17.99



# Helpful book for knitting and crafting

Boulder Community Health



## Knitting Comfortably

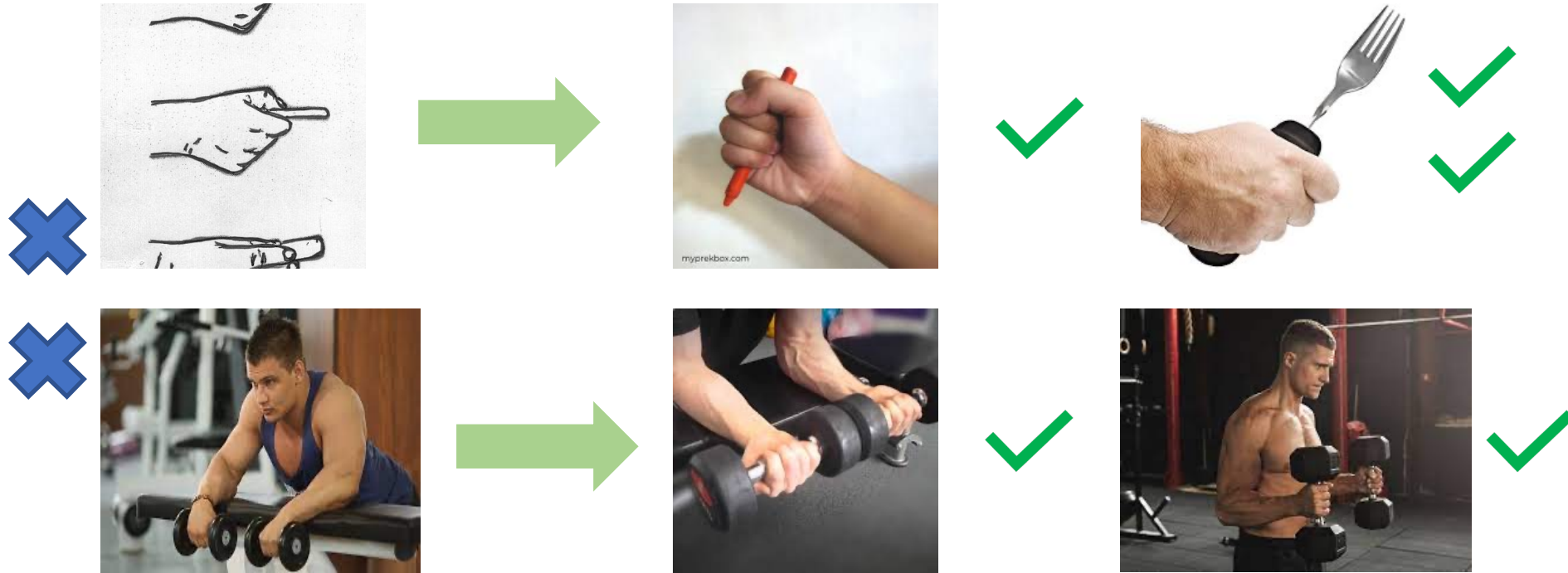
The Ergonomics of Handknitting



CARSON DEMERS

Edited by Ann Budd with a foreword by Cat Bordhi  
Photography by Zoe Lonergan and Illustrations by Susan Szeesi

# Better ways to use our hands

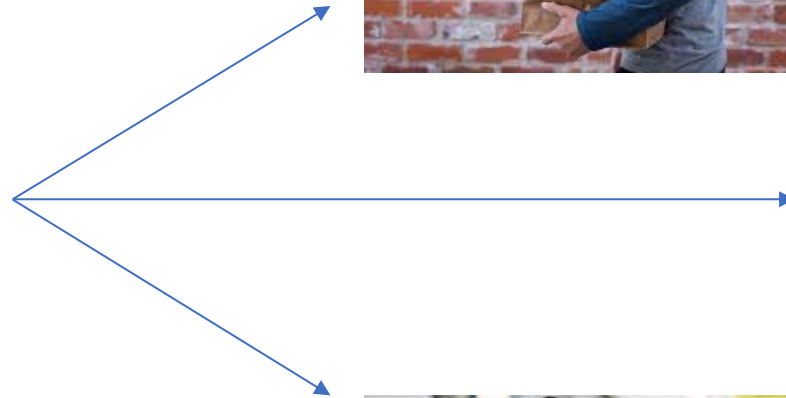






shutterstock.com - 721470166





# TLC for the end of the day

- Heat
- Compression gloves
- Roll outs



# Role of hand therapy

- Restore motion and hand posture
- Improve strength and stabilization
- Fabricate orthotics for day and nighttime use
- Increase everyday performance and independence



# Thank you for participating!

Questions?



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