

# Treating Hand & Arm Arthritis

## MANAGE YOUR PAIN

- **Get a brace** if you have wrist or thumb pain. Find braces at a local pharmacy or big box store
- **Use moist heat**
  - Sauna, hot tub, warm showers, paraffin baths
  - Use a heating pad with grain inside (buckwheat or rice)
- **Use compression gloves.** Tight, tipless gloves that provide pain relief, especially in the winter
  - Sold online. Sometimes sold in big box or fabric stores (i.e. JOANN™ Fabric)
- **An exercise to relieve base of thumb pain:**
  - Make an “L” with both of your thumbs and index fingers. Press the webspace of both hands together for 1 minute
- **Consider an ice pack.** May reduce the pain of swelling if you’ve overused the joint

## KEEP YOUR MOVEMENT

- **Keep your joints flexible.** See a hand therapist for specific exercises

## **PROTECT YOUR JOINTS**

- **Avoid repetitive use of your painful joints**
  - Use wider handles with grip (gardening tools, pens, Oxo brand grip tools)
  - Jar openers, automatic can openers, dicers & food processors, lever door handles (not knobs)
- **Wear your brace**

Visit a hand therapist for best results

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