

Solutions for Arthritis

Protect your joints during everyday activities to minimise pain and deformity by:

- Using the largest, strongest joints.
- Avoiding stress on the small joints in the fingers and thumb.
- Reducing stress on painful joints.

Opening and Turning

- **Jars**

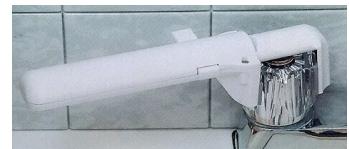
A jar opener helps reduce stress on the fingers making the task easier. Some allow the effort to be distributed between two hands rather than one.



- **Taps**

A tap turner is a portable lever device that allows a push/pull movement to operate the tap rather than twisting, therefore reducing strain on the fingers.

A lever tap with a half or quarter turn mechanism further decreases the effort required to operate a tap.



- **Keys**

A key turner reduces the strain on the fingers and thumb.



Grasping and Holding

Building up the handle on a spoon, pen or toothbrush makes these objects easier to hold. Foam tubing fits over small handles to make them larger. You can buy products already made with built-up handles.



Reaching

A long-handled reacher makes it easier to pick things up from the floor. A long-handled shoe horn or sock aid makes it easier to dress your feet. Toe washers can assist to wash or dry between the toes.

Reaching your back or combing your hair is less stressful on painful shoulders if you use a long handled bath sponge or brush.



Sitting

A chair can be height adjustable or made-to-measure to ensure it is the right height for your needs.

A chair that allows your hips to be level with or higher than your knees makes it much easier to stand.

Armrests give further support to help you rise out of a chair. Pushing down on the armrests with your palms will protect your finger joints.

Sitting down instead of standing for activities such as showering or preparing a meal can relieve painful joints and save your energy. A shower chair or kitchen stool will enable you to do this.



Walking

A walking stick or frame gives support to painful hips and knees when you are mobile. A frame with a seat provides somewhere to rest when tired.

Some walking aids have specially moulded handles to distribute the pressure more evenly across the hand.



Dressing

Elastic shoe laces, Velcro™ tab fasteners and shoelace clips that tighten your laces are just some of the devices available to avoid tying shoelaces.



For more information, please contact

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