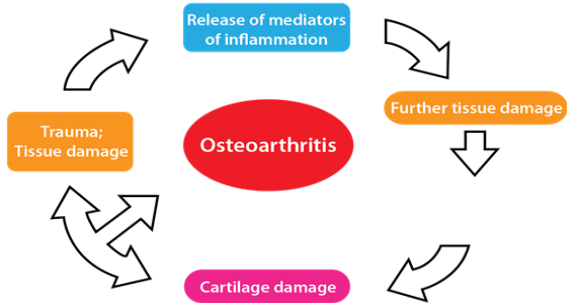


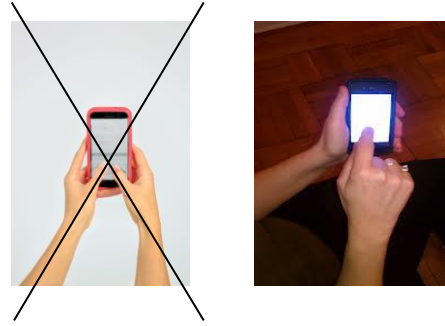
OA Joint Protection Principles

Don't work through pain with Osteoarthritis (OA)

Recurring pain continues the inflammatory process



Avoid bending joints in extreme positions



Protect your joints Don't engage in sustained pinch



1 lb of pressure at the fingertips is equivalent to 12 lbs at the wrist

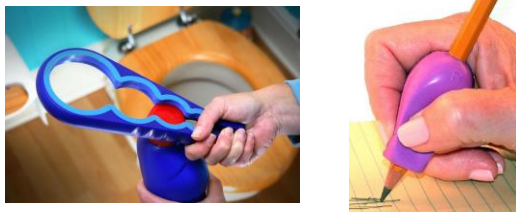
Avoid Combinations of Pinch and Twist



Minimize pressure on thumbs



Allow Adaptive Tools to Transmit the Load and Minimize pinch force



Soft grip! Reduce tight and forceful grip when holding on to things.

Use larger joints and/or stronger side. Try to use your wrist or elbows if necessary.

Use both hands. When carrying objects or doing things, try to use both hands to lessen the load on one hand.

Relative Rest

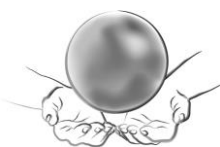
Wear splints as instructed

Enjoy typing, playing a musical instrument, or hobbies with healthy positioning and pacing.

Plan your project.

Use your hand for 20-30 minutes before taking a 10-15 minute break.

Healing hands need rest and TLC after being productive.



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