

Protect Your Hands

You only get two!

The saying goes “work smarter, not harder”. These are words to live by when protecting the fragile joints of your wrists and hands, especially if you have arthritis. Joint protection techniques are ways to prevent injury and deformity, while completing all desired tasks.



General Joint Protection Principles

- Balance work and rest
- Rest before your tired
- Stop activities before pain starts
- Prioritize what's important
- Set realistic goals
- Complete activities at best time of day for you
- Use Larger, Stronger Joints For Activities, When Possible, Distributing The Weight Over Non-involved Or Stronger Joints. (Use a back pack instead of handbag)
- Avoid staying in one position for lengthy periods of time
- Maintain proper posture
- Use palms of hands for lifting and pushing
- Avoid tight grip, use larger, softer handles on utensils or tools
- Use both hands when possible
- Avoid repetition
- Exercise in pain free range
- Avoid positions of deformity

Joint Protection Cooking Tips

- Organize items on rolling cart.
- When possible, sit with back support or use a step stool.
- A sponge or washcloth can prevent bowls from turning, so you don't have to hold them.
- Scissors can be used to open plastic bags as well as to cut up vegetables.
- Use tongs instead of forks to turn or lift foods.
- Use a spiked cutting board.
- Use built-up handles on utensils and keep knives sharp.
- Use an electric can opener.
- Use a jar opener.
- Use large knives and use your other hand to provide pressure on top of the knife.
- Consider using a pizza cutting wheel.
- Carry groceries in your arms, close to your body, not by your hands or fingers.



Joint Protection Homemaking Tips

- Move your arms in a circular motion while dusting or scrubbing.
- Use wrist and elbows to carry things such as laundry.
- Drip dry hands.
- Press water out of sponges with palm or forearm, not by squeezing.
- Carry bowls by palms, not by finger gripping.
- Slip foam over a pencil to dial the phone, holding the pencil like an ice pick.
- Use a small hammer when inserting tacks.
- Squeeze toothpaste with the little-finger side of your hand.
- Place extensions on water faucets.
- Place your weight on your palms when rising up from chairs or pushing things.
- Make a loop out of a belt and place on door handles for doors that are hard to open, such as the refrigerator.
- If the iron is too heavy, use a travel iron. When possible, slide the iron rather than lift it.

