

CARING
for YOUR
JOINTS



ARTHRITIS

se aaraam



An initiative of Ipca Ltd

Caring for your joints

Simple everyday tasks involve almost all body joints. Daily tasks performed wrongly can cause undue stress on our joints and perhaps even damage them. We can care and look after our joints by performing these tasks in a correct way. Some of the right and wrong ways of performing everyday tasks are illustrated below

Using a Teapot



This is the right way to hold the handle. Use a teapot with larger handle.



Use both hands to hold the teapot. This distributes the weight on the wrist & forearm.



Avoid holding a cup this way. It causes strain on fingers and knuckles.

Holding a Cup



Use both hands to hold a lightweight cup or a mug. Cups with larger handles help.

~ Carrying Dishes



Avoid carrying dishes in one hand. It causes strain on the wrist & thumb. Use both hands. Even with both hands there is still wrist strain; but it is a workable compromise.



If you can, avoid carrying dishes even on a tray. It can cause strain on your neck, shoulders, elbows, wrist & fingers. It is best to use a strolley.

~ Wringing out clothes



Avoid wringing out clothes with your hands. It strains your thumb and wrist.



For a workable compromise twist clothes around a tap, use both hands to twist & wring.

~ Opening Taps



Most bib type taps cause strain on wrist, thumb and fingers.



Lever style taps are suggested. They minimise the effort & the strain on wrist, thumb & fingers.

☞ Carrying a Bag

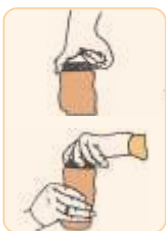


You may strain your shoulders & fingers if you carry bag holding the strap.



Carry your bag on shoulder if it is not too heavy. Avoid carrying too much weight.

☞ Opening a jar



The entire load is on the fingers & thumb. Avoid holding the lid with your fingers and thumb to open a jar. It can strain your thumb.



To increase your grip on the jar use both hands. Use the palm of hand to increase the grip and always screw open towards the thumb.



Both hands can also be used to hold the lid after keeping the jar on a non-slip mat or damp cloth.

☞ Opening Tins



Avoid using hand tin-opener when opening tins. It puts strain on the wrist.



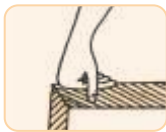
Use a wall mounted tin-opener with a shelf underneath to hold the weight of the container.



☞ Pushing up from a Chair



Avoid using your wrist or knuckles when getting up from a chair.



Avoid these methods. They cause pain. The knuckles come under extreme stress



Use your forearm(s) to push or get up from a chair, it distributes the weight more evenly.



When getting out of a chair, one way is to lean forward with hands around your knees & stand up by using leg muscles.



Another way of getting up from a chair is to distribute the weight between forearms and legs

☞ Drawer Handles



Avoid having drawer handles which have to be held between the thumb & fingers for pulling the drawer out. These may strain all the finger joints.



Use drawer handles as shown here. These handles distribute the weight more evenly without straining the fingers.

~ Relieving Back strain



Avoid lifting a load/weight this way. It can strain your back.



This is a right way. Bend your knees, rest your weight equally on both feet, hold close to your body and lift



Avoid bending like this over a basin. If you are washing hair, use a hand shower.

~ Reading a Book



Avoid resting your face on your elbows and knuckles when reading a book.



Avoid resting your face on your elbows & wrists when reading a book.



Avoid holding the book too tightly. It can strain the wrist.



Use a bookrest. It avoid any strain on your elbows knuckles, wrists & neck.

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