## ARTHRITIS (HANDS)

## What is arthritis?

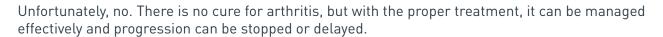
Arthritis occurs when one or more of your joints become inflamed, causing pain and/or stiffness that usually gets worse with age. When arthritis affects the joints in the hand, it can cause pain and stiffness. This often gets worse whenever the hands are used for completing repetitive tasks.

## What are the signs and symptoms of arthritis?

Common symptoms of arthritis usually involve the joints and include:

- Pain
- Swelling
- Stiffness (especially in the morning or after resting)
- Redness
- Restricted range of motion
- Joint changes (nodules)





If you are suffering from arthritis in the hands, there are exercises that can help relieve pain by:

- Strengthening the muscles that support the hand joints
- Improving range of motion and hand function by keeping the ligaments and tendons flexible

## Five hand exercises to ease arthritis pain



Note: If you continue to experience any discomfort or pain, please consult a physiotherapist.



