Managing your Arthritis

Arthritis is a general term for a group of more than 100 medical conditions that, collectively, are the most common chronic health condition affecting Americans. According to the Arthritis Foundation (www.arthritis.org), one out of every five adults and 300,000 children are affected by arthritis. It is the leading cause of disability in the United States. What is common among these 100+ conditions is that they all affect the musculoskeletal system – specifically the joints. Arthritis-related joint problems include inflammation, stiffness, pain and damage to joint cartilage and surrounding structures. This damage can lead to joint weakness and instability which can interfere with the most basic daily tasks such as walking, climbing stairs, using a computer keyboard, cutting food or brushing teeth.

Tips to help manage your arthritis

– Avoid positions that strain your joints
– Use your strongest joints and muscles while sparing weaker ones
– Provide braces or supports to protect certain joints

– Use grab bars in the bathroom
– Use modified doorknobs, canes or walkers
– Use devices to help you with tasks such as opening jars or pulling up socks and zippers

Talk to your physician, respiratory, physical or occupational therapist about the assistive devices that would benefit you and your caregiver the most. Plus, see the reverse side for a list of products to assist those with Arthritis. Then visit Home Care Medical online at www.homecaremedical.com or stop by one our Retail Stores conveniently located in Milwaukee, Sheboygan and West Bend. We are here to help.
Orthotics
Braces help stabilize a joint, reduce pain and inflammation and help the person wearing the brace build stronger muscles.

- McDavid patella brace
- McDavid lace-up ankle brace
- McDavid back support
- McDavid shoulder support
- McDavid elbow support
- McDavid wrist support

Dressing
Our wide variety of daily living aids can assist in dressing.

- Button aid/zipper pull
- Dressing stick
- Sock aid
- Long-handled shoehorn
- Elastic shoelaces
- Reacher

Bathroom Safety and Personal Hygiene
To increase independence and safety, the following products may be helpful for individuals with diminishing mobility, stability and strength.

- Bath sponge
- Bath transfer bench or chair
- Commode
- Grab bar
- Raised toilet seat
- Hand-held shower

Other Recommended Products
The following products are recommended to increase a patient’s safety, comfort and independence.

- Dr. Comfort Flex-OA shoes
- Lift chair
- Hot and cold packs
- Stepper exerciser
- Cane seat
- Wheeled walker