

ARM AND HAND REHABILITATION AND ARTHRITIS

RELIEF

***Arthritis information
booklet***



How Hand Therapy will ease the pain and assist you in returning to everyday use of your hands

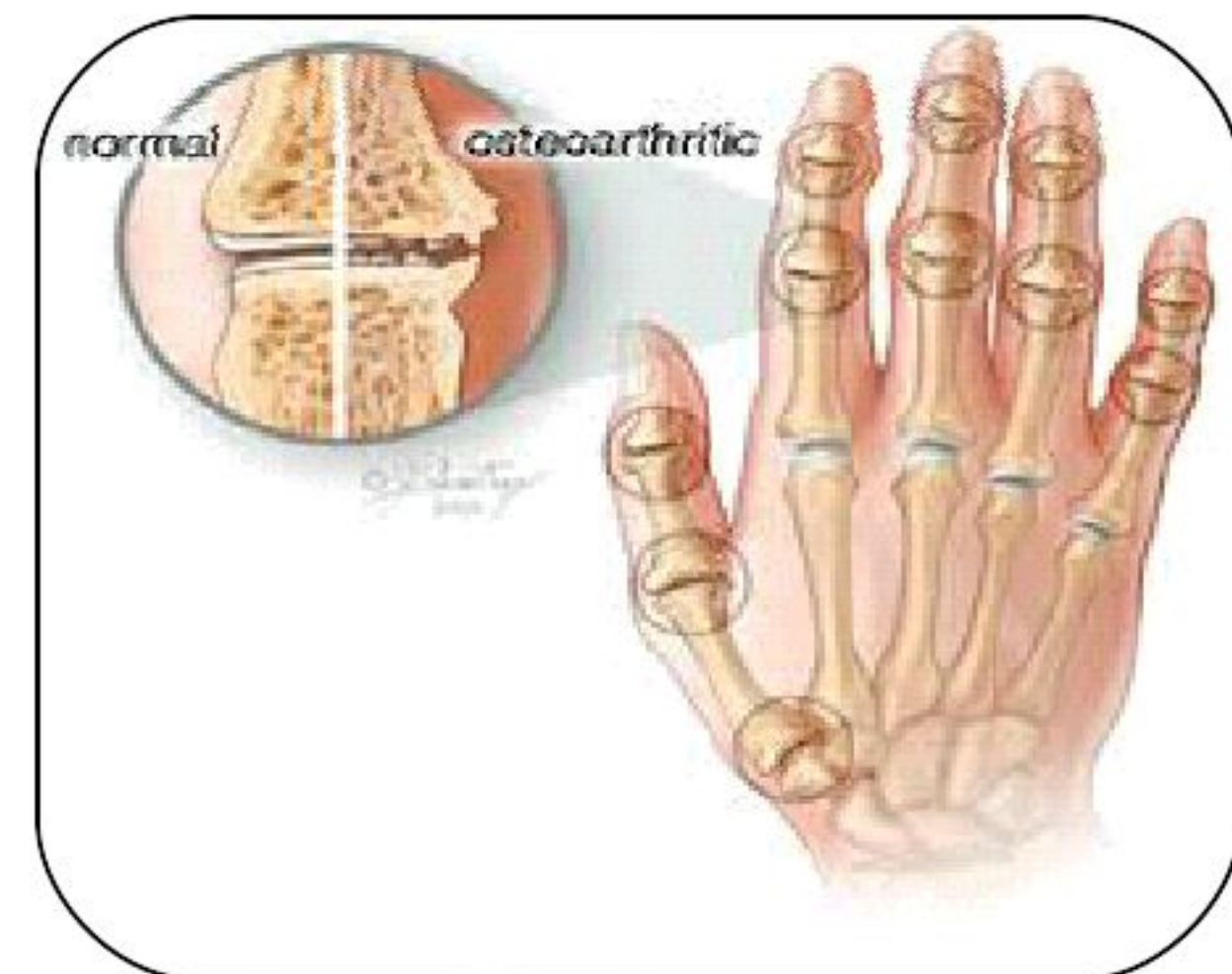
WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis is a painful degenerative disease of joint cartilage. Some joints are more affected than others, such as thumbs, hips and knees. OA is due to 'wear and tear' on the cartilage surrounding the joint. Cartilage begins to wear away causing two adjacent bones to rub onto each other. The lack of cartilage causes pain with any movement of the joint.

80% of the population will show some X-Ray changes by age 65.

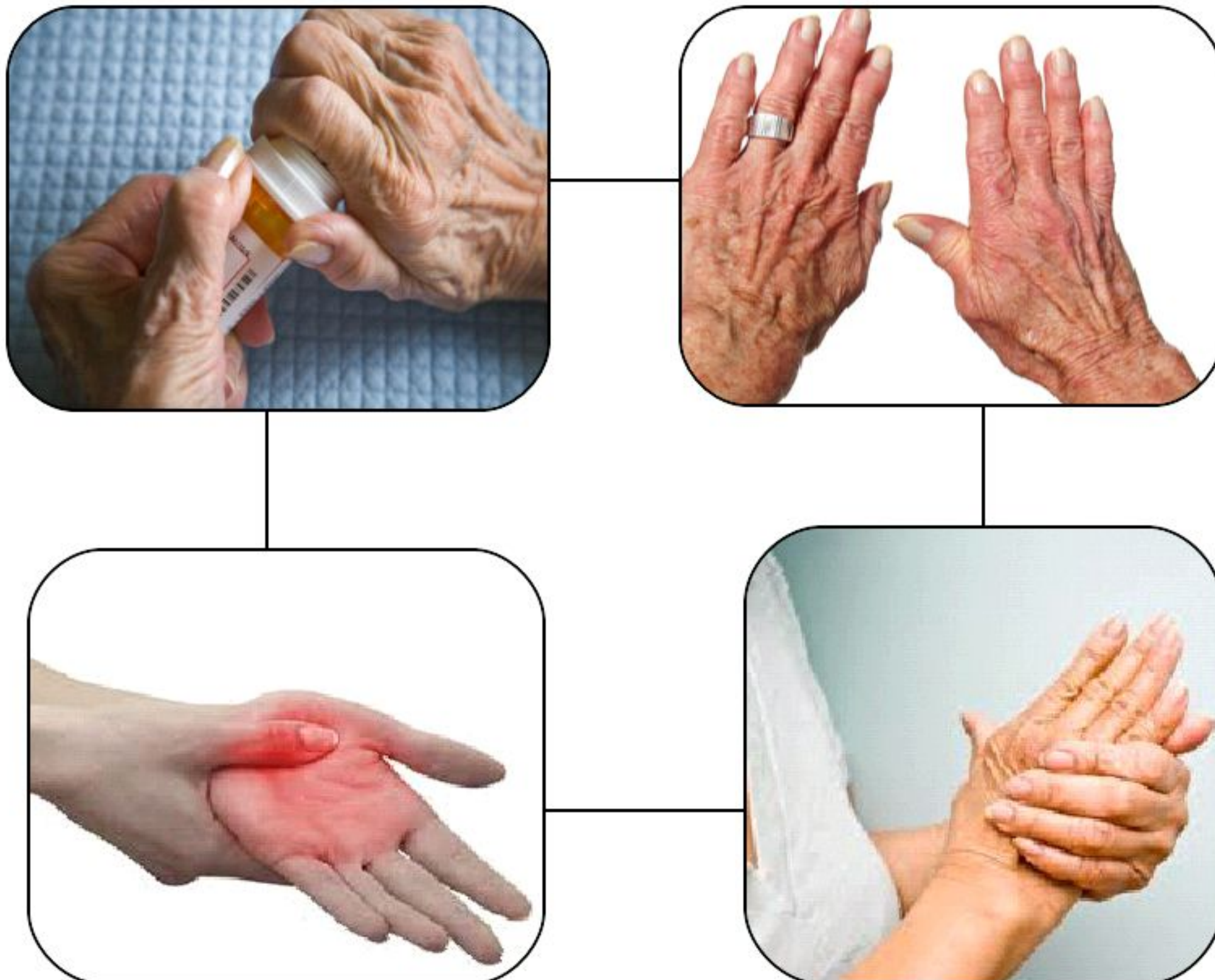
There are 2 types of OA:

- primary- no known cause
- secondary - related to injury, birth defect, other diseases, sports injuries etc



WHAT SYMPTOMS SHOULD YOU LOOK OUT FOR?

- Pain at the base of the thumb or in the finger joints
- Early morning stiffness
- Swelling of the hand or finger joints
- Deformity of the fingers and thumb
- Reduced co-ordination whilst using the fingers and thumb
- Difficulty holding onto object (pinching or grasping)
- General weakening of the hands



www.rehabhands.co.za

HOW WILL HAND THERAPY HELP YOU?

Hand therapy will:

- assist in **reducing pain** and **improving function** in your hands, thumb and wrist
- assist in reducing further degeneration of the joint. This is achieved by custom made **splints** (hard or soft) for your painful joints
- educate you on the correct **joint protection techniques** so that you can minimise strain on your already painful joints
- assist you with **joint stability retraining**. This helps to reduce your painful symptoms and improve the functional use of your hands.
- will introduce you to a variety of **assistive devices** to make daily tasks easier and less painful



Should you want to ask a question regarding your symptoms,
Or book an appointment please contact us on

011 884 0517 or

admin@rehabhands.co.za

www.rehabhands.co.za