

Healthy Living WITH ARTHRITIS



ARTHRITIS FOUNDATION
 Take Control. We Can Help.™

UTAH DEPARTMENT OF HEALTH
 Arthritis Program

THE ORTHOPEDIC SPECIALTY HOSPITAL
 IHC A Service of Intermountain Health Care

“Healthy Living with Hand & Wrist Arthritis”

The Orthopedic Specialty Hospital



Healthy Living WITH ARTHRITIS

Arthritis

- Causes
- Diagnosis
- Medical treatment
- Surgical treatment

Healthy Living WITH ARTHRITIS

5/21/2007

Defining Arthritis

ARTH + ITIS = Inflammation
(Joint) (Inflammation) of joints

Healthy Living WITH ARTHRITIS

The Impact of Arthritis

Arthritis ...

- Is the leading cause of disability among American adults
- Affects people of all ages
- Is second only to heart disease as a cause of work disability
- Costs the US economy almost \$65 billion a year

Healthy Living WITH ARTHRITIS

Rheumatoid Arthritis (RA)

- Caused when the immune system attacks the lining of the joints
- Can result in severe joint damage and deformity
- May also cause fatigue, weight loss and other whole-body symptoms



Normal hand Hand with RA

Healthy Living WITH ARTHRITIS

Osteoarthritis (OA)

By far the most common form

- Also called degenerative joint disease
- Usually begins after age 45
- Caused by breakdown of the joints cartilage
 - Bones rub together
 - Joint loses shape and alignment
 - Bone ends thicken
 - Bits of cartilage or bone float in joint space
 - Pain, inflammation and stiffness result



Normal hip

OA hip

Healthy Living
WITH ARTHRITIS

Osteoarthritis Risk Factors

- Age
- Overweight
- Joint injury
- Muscle weakness
- Heredity



Healthy Living
WITH ARTHRITIS

Arthritis Warning Signs

Signs to see your doctor

- Pain
- Stiffness
- Difficulty moving
- Swelling



Healthy Living
WITH ARTHRITIS

Three Key Steps

1. A history (questions about your symptoms)
2. A physical examination
3. X-rays and other tests



Healthy Living
WITH ARTHRITIS

Four Questions You Need Your Doctor To Answer For You

1. Is this arthritis, or is it something else?
2. What type of arthritis is it?
3. What can I expect from here on?
4. What can I do about my arthritis?



Healthy Living
WITH ARTHRITIS

Arthritis Myths vs Reality

Myth

Arthritis is a normal part of the aging process. It's just part of the wear and tear of getting older

Fact

Arthritis affects people in all age groups, and it is not a normal part of the aging process

Healthy Living
WITH ARTHRITIS

Arthritis Myths vs Reality

Myth

Arthritis isn't a serious condition. It's just some minor aches and pains. It's best to ignore it

Fact

Arthritis is a primary cause of disability in the United States. If left undiagnosed and untreated it can become a major health problem

Healthy Living
WITH ARTHRITIS

Arthritis Myths vs Reality

Myth

Nothing can be done to relieve arthritis

Fact

Many steps can be taken to relieve the pain and inflammation of arthritis

Healthy Living
WITH ARTHRITIS

The Options

Non-medical therapy options

- Pacing activities
- Joint protection
- Exercise/physical activity
- Application of heat and cold
- Self-care skills

Physical therapy

Medication

Surgery



Healthy Living
WITH ARTHRITIS

Self-Care Skills

- Learn all you can about arthritis
- Take an active role in your treatment
- Reach out for resources
- Seek support



Healthy Living
WITH ARTHRITIS

Medications

- Over the counter meds

"1st Generation"

Tylenol



Ibuprofen



Naprosyn



Healthy Living
WITH ARTHRITIS

Injections

Limited Role in Arthritis



Corticosteroids



Viscosupplementation

Healthy Living
WITH ARTHRITIS

Medications

- Prescription meds

“2nd generation”



Healthy Living
WITH ARTHRITIS

Medication supplements

- Glucosamine
- Chondroitin sulfate

Healthy Living
WITH ARTHRITIS

Key Point To Remember

- Although there is no cure for arthritis, arthritis pain and discomfort **CAN** be managed and treated
- Your care may involve a combination of treatments
- Finding a treatment that works for you takes time. Don't give up !
- Communicate with your doctor or similar healthcare provider. If your treatment isn't working as well as you think it should, say so ! Many treatments are available

Healthy Living
WITH ARTHRITIS

Physical Therapy



Physical/Occupational Therapy

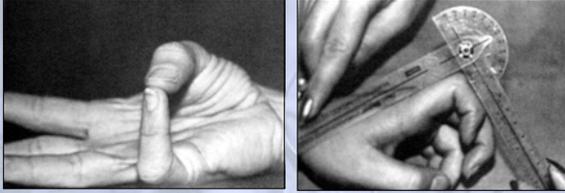
Healthy Living
WITH ARTHRITIS

Therapy Evaluation

- Flexibility
- Strength
- Stability & joint protection techniques
- Lifestyle

Healthy Living
WITH ARTHRITIS

Flexibility



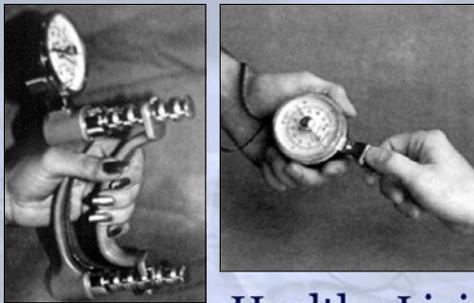
Healthy Living
WITH ARTHRITIS

Forearm Stretches



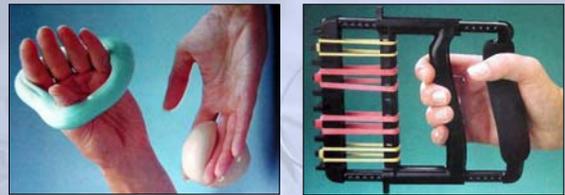
Healthy Living
WITH ARTHRITIS

Evaluate Strength



Healthy Living
WITH ARTHRITIS

Strength



Healthy Living
WITH ARTHRITIS

Too Much
Strength Exercise = Irritant

Healthy Living
WITH ARTHRITIS



Daily Use of Hand
and Wrist
Is Constant!

DON'T OVERDO IT!

Healthy Living
WITH ARTHRITIS

“Listen” to Your Hands... Exercise Rules

1. Two hour rule
2. Pain greater than 3-4 (on 1-10 scale) during or after exercise

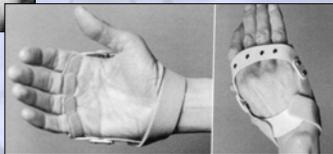
Healthy Living
WITH ARTHRITIS

Stability



Healthy Living
WITH ARTHRITIS

Splinting Can Help Instability



Healthy Living
WITH ARTHRITIS

Splinting Can Help Instability



Healthy Living
WITH ARTHRITIS

Splinting Can Help Instability



Healthy Living
WITH ARTHRITIS

Joint Protection Techniques

- Use strongest or largest joints to do a task
- When lifting, scoop up using both hands
- Use entire body to move heavy objects
- Slide objects when you can
- Add leverage to appliances or when moving other objects
- Hold handles straight across the palm, not diagonally

Healthy Living
WITH ARTHRITIS

Strongest/largest Joints to do Task



Healthy Living
WITH ARTHRITIS

Scoop Using Both Hands



Healthy Living
WITH ARTHRITIS

Use Entire Body to Move Objects



Healthy Living
WITH ARTHRITIS

Slide Objects When You Can



Healthy Living
WITH ARTHRITIS

Leverage is Good!



Healthy Living
WITH ARTHRITIS

Hold Handles Straight Across Palm



Healthy Living
WITH ARTHRITIS

Joint Protection Techniques

- Avoid using tight grasp
- Avoid pressure against the thumb side of fingers
- Avoid all pressures against backs of fingers
- Avoid tight pinch
- Avoid prolonged periods of holding same position

Healthy Living
WITH ARTHRITIS

Avoid Using Tight Grasp



Healthy Living
WITH ARTHRITIS

Avoid Pressure Against Thumb Side of Fingers



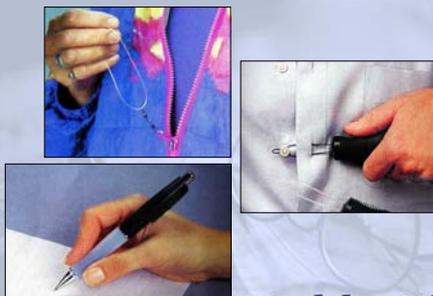
Healthy Living
WITH ARTHRITIS

Avoid Pressures Against Backs of Fingers



Healthy Living
WITH ARTHRITIS

Avoid Tight Pinch



Healthy Living
WITH ARTHRITIS

Avoid Prolonged Periods of Holding Same Position



Healthy Living
WITH ARTHRITIS

Pain Relief From Heat or Cold



Healthy Living
WITH ARTHRITIS

Day to Day "Use" Suggestions

- Don't get errands done on one day
- Pace yourself to prevent pain and stiffness
- Pre-activity warm-up and stretch

Healthy Living
WITH ARTHRITIS



Remain Active Only
As You Can!

Healthy Living
WITH ARTHRITIS

Nutrition



An apple a day
never hurt anyone!

Healthy Living
WITH ARTHRITIS

Surgical Options



Healthy Living
WITH ARTHRITIS





Healthy Living
WITH ARTHRITIS



Healthy Living
WITH ARTHRITIS



Healthy Living
WITH ARTHRITIS



Healthy Living
WITH ARTHRITIS



Healthy Living
WITH ARTHRITIS



Healthy Living
WITH ARTHRITIS



Healthy Living
WITH ARTHRITIS



Healthy Living
WITH ARTHRITIS



Healthy Living
WITH ARTHRITIS



Healthy Living
WITH ARTHRITIS



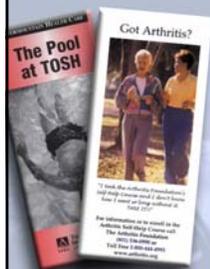
Healthy Living
WITH ARTHRITIS

Surgery

- Synovectomy - repairs joints by removing debris, fusing joints and/or correcting bone deformity
- Joint replacement surgery - replaces the damaged with an artificial one

Healthy Living
WITH ARTHRITIS

What can you do now?



- Group classes in the pool
- Land exercise classes
- Self help home study

Healthy Living
WITH ARTHRITIS

Question and Answers

- | <u>Presenter</u> | <u>Phone #</u> |
|--------------------------------------|----------------|
| • Dr. Hammon | 314-4900 |
| • Kathleen Papi-Baker, OTR, MOT, CHT | 314-4040 |

Healthy Living
WITH ARTHRITIS